

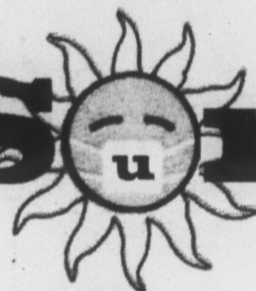


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# The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 53 No. 4

Thursday, October 8, 2020

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'FLOWER OASIS' - Jessica McPherson works in her flower garden at her Presidents Lane home. The Idaho native has created a "flower oasis" that measures 700 square feet of garden areas. Story on Page 17. Quincy Sun photo/Tom Gorman

## Students 4-12 Returning To Classroom Next Thursday

By SCOTT JACKSON

Quincy Public Schools students in grades 4 through 12 are set to return to the classroom on a part-time basis next Thursday, Oct. 15.

Students in pre-kindergarten through grade three were allowed to begin the school year last month under the hybrid model, which

includes in-person and remote classes, and certain high-need students at all grade levels were also given the opportunity for in-person instruction. All other students started learning remotely amid the coronavirus pandemic.

The School Committee

Cont'd On Page 4

## Tower For Police, Fire Radios OK'd

By SCOTT JACKSON

Construction of a new 150-foot radio tower, which the city's public safety chiefs said would allow for much-needed improvements to their communications systems, is expected to take six months after city

councillors approved funding for the project Monday.

Councillors approved Mayor Thomas Koch's request for a \$3.65 million bond to pay for the new tower and five simulcast stations in an 8-1 vote, with Ward 4

Cont'd On Page 13

## Most Fall Events Likely Cancelled

By SCOTT JACKSON

Most civic events planned for the fall will be scrapped or scaled down in light of the coronavirus pandemic, Mayor Thomas Koch said.

"I would say any of them

are doubtful," he said in a recent interview.

"During the summer we were hoping things would be better and numbers would be better. I think we're doing well as a community numbers wise, but

we're not out of the woods. We've got to be careful about these larger outdoor or indoor events that draw people that can create major clusters.

"It's tough because I think people want and need

these things, but we have to be responsible about it."

The fall events include the city's annual Veterans Day parade and observance on Nov. 11. The annual parade has been cancelled and

Cont'd On Page 11

## 6-Year-Old Quincy Resident Authors Children's Book

First Grader Navya Manchanda Pens 'Simply Stupid, Silly Jokes For Kids'

Navya Manchanda, a 6-year-old first grade student at Charles A. Bernazani School, has authored her first book titled, "Simply Stupid, Silly Jokes For Kids."

The book will appeal to kids aged 5-8 years. It is available in ebook format on Amazon, Apple Books and Google Play Books.

"I realized I was twisting words around a lot during the summer vacation. This inspired me to create jokes and my mom started sharing my jokes with her friends, and they all liked my jokes," said Navya, talking about

how she got started on this path. "I told my parents that it would be cool to have a book of jokes and that's when my mom got the idea of creating and publishing a book," explained Navya.

"The book has my 30 best jokes, though I made a lot more. My mom checked if the joke is original or inspired from somewhere, and she only included the original ones. It took me about two or three weeks to create all the jokes," Navya said when asked about her book-writing journey. Her mom, Sakshi Garg, noted, "Once

we decided to create the book, her mind was working non-stop to create jokes. One night, Navya woke me up in the middle of the night to share her joke before she forgot it."

An early exposure to books created a love of reading for Navya.

"At only four months of age, I found it easier to engage her with board books than toys," explains her mom. "She still spends a big part of her day reading books. Her favorites keep on changing, but she loves Ju-

Cont'd On Page 8



YOUNG AUTHOR - Six-year-old Navya Manchanda, first grade student at Charles A. Bernazani School, holds a copy the book she has authored titled "Simply Stupid, Silly Jokes For Kids."



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 LDA For 400 More Units At Hancock Lot - Page 13

More Quincy news:  
**The Quincy Sun.com**



# Raking Leaves Safely And Successfully

## Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Unlike snowfalls, which are highly unpredictable in occurrence and amount, leaves fall off Massachusetts trees in a fairly even and consistent manner every year from mid-October through mid-November. If you are an optimist or a fitness enthusiast, this provides excellent outdoor exercise opportunities for at least a few weekends.

Leaf raking can be a good overall workout, with emphasis on the upper body and midsection muscles. If you look forward to leaf raking activity sessions every fall, be sure to use proper biomechanics and do a little advance preparation to raise your fitness level and reduce the risk of injury.

### Raking Mechanics

Like most physical activities there is a right way and a risky way to perform leaf raking actions. Biomechanically correct raking requires a relatively wide foot stance (about shoulder-width apart) and a relatively straight (erect) body pos-

ture. A narrow foot stance reduces your base of support and stability. Leaning forward or backward places unnecessary stress on your low back structures which may cause discomfort and lead to injury. To prevent shoulder problems, keep the raking actions within a reasonable range of movement. That is, don't reach too far forward or pull too far backward, but keep your upper arms somewhat close to your upper body. Elongated and exaggerated raking movements are both unnatural and risky from an injury perspective.

Although we all have a preferred side, it is advisable to alternate raking to your left and to your right every 5 to 10 pulls. This provides a more balanced muscular response and reduces the risk of overuse injuries. Another consideration for best results is relatively brief periods of raking interspersed with leaf collecting. This is easily accomplished by raking a small section of leaves into a small pile, then plac-

ing the leaves into an appropriate container for disposal. By so doing, you more frequently change body positions and emphasize different muscle groups, which is always advantageous for injury avoidance. When bending down to collect, lift, and deposit leaves be sure to flex your knees rather than bend your back. The old adage, lift with your legs instead of your back, is good advice. A relatively erect torso is always an advantage when raking, hoeing, snow shoveling, or lifting bundles of leaves.

By the way, small bundles of leaves are much easier to haul across the yard than large bundles that tend to be cumbersome to handle. In fact, it may be advisable to place leaf bags on a wagon or wheelbarrow rather than dragging or carrying them.

Another aspect of leaf raking is how much to do at one time. Unlike snow shoveling that requires the entire driveway to be cleaned before you can

use your car, leaf raking is largely for aesthetics and springtime grass growth. You don't have to clear the whole yard in a single session. I suggest spending about 60 to 90 minutes per leaf raking session, and leaving the rest for another day's activity period. Doing too much of any physical activity is inadvisable, and the unique characteristics of leaf raking place this muscular endurance exercise high on the list of things to do in moderation.

### Conditioning Exercises

Leaf raking is essentially a pulling activity, similar to paddling a canoe, but from a standing position. One of the best exercises to strengthen the upper body pulling muscles is the compound row. If this resistance machine is not available in your gym, the pull-down exercise serves as a satisfactory substitute. If you train at home, dumbbell bent rows or elastic band seated rows are appropriate exercises for addressing the upper back and biceps muscles that are

largely responsible for raking actions.

Due to the inherent trunk rotation involved in raking movements it is equally important to strengthen the midsection muscles, especially the oblique muscles that turn your torso clockwise and counter-clockwise. The rotary torso exercise is specifically designed to strengthen the external and internal oblique muscles on your sides, and also addresses the lower back and abdominal muscles. If you do not have access to this weight-stack machine, you may perform standard trunk curls with a twist at the top of each repetition. That is, as you curl your chest upward alternately twist your torso bringing your left elbow toward your right knee and your right elbow toward your left knee.

Because your legs provide support and stability for your raking actions, be sure to perform some strengthening exercises for your quadriceps and hamstring muscles. I recommend the leg extension, leg curl, and leg press resistance



WAYNE WESTCOTT

machines if these are available. The most practical home exercise for strengthening these muscles is the dumbbell squat, with resistance band squats an acceptable alternative.

With a little preparation, attention to technique, and common sense, a few weekends of leaf raking can provide safe, effective, and enjoyable exercise sessions to supplement your regular fitness activities while accomplishing important yard work.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department. He has written 30 books on physical fitness and strength training. Wayne may be reached at 617-984-1716 or at [wwestcott@quincycolllege.edu](mailto:wwestcott@quincycolllege.edu).

## Transition To Step II Of Phase III For Lower Risk Communities

Effective Monday (Oct. 5th), lower risk communities are permitted to move into Step II of Phase III of the Commonwealth's reopening plan, the Baker-Polito Administration announced last week.

All other communities

will remain in Phase III, Step I.

Gov. Charlie Baker also issued a revised gatherings order. Industry specific guidance and protocols for a range of Phase I, II, and III businesses will also be updated.

### Phase III, Step II:

On May 18, the Baker-Polito Administration released a four-phased plan to reopen the economy based on sustained improvements in public health data.

In August, the Administration began releasing data

on the average daily COVID cases per 100,000 residents, average percent positivity, and total case counts, for all 351 Massachusetts cities and towns.

Lower risk communities are defined as cities and towns that have not been a "red" community in any of the last three weekly Department of Public Health (DPH) weekly reports.

As of Monday, a limited number of sectors are now eligible to reopen, with restrictions, in Step II of Phase III for lower risk communities only:

- Indoor performance venues will be permitted to open with 50% capacity with a maximum of 250 people.

- Outdoor performance venue capacity will increase to 50% with a max of 250 people.

- For arcades and indoor and outdoor recreation businesses, additional Step II activities like trampolines, obstacle courses, roller rinks and laser tag will also be permitted to open and capacity will increase to 50%.

- Fitting rooms will be permitted to open in all

types of retail stores.

- Gyms, museums, libraries and driving and flight schools will also be permitted to increase their capacity to 50%.

**Revised Gatherings Order:**

- The limit for indoor gatherings remains at a maximum of 25 people for all communities.

- Outdoor gatherings at private residences and in private backyards will remain at a maximum of 50 people for all communities.

- Outdoor gatherings at event venues and in public settings will have a limit of 50 people in Step I communities, and a limit of 100 people in lower risk, Step II communities.

### North Quincy Cable Project

### Learn more about the North Quincy Cable Replacement Project

Tuesday, October 13 at 6:30 PM

National Grid continuously evaluates opportunities to enhance the reliability of its energy delivery networks. In Quincy, the existing underground electric transmission cables that connect National Grid's North Quincy Substation to National Grid's Field Street Substation are nearing the end of their expected service life and need to be replaced. That's why we're investing in Quincy.

Project neighbors in Quincy are invited to learn more about National Grid's proposed North Quincy Cable Replacement Project.

During the virtual open house, community members will have the opportunity to learn about the project from subject matter experts, and ask questions of the project team. Experts on construction, engineering, permitting, and other topics will be available to answer questions.

WHAT  
North Quincy  
Cable Replacement Project  
Virtual Open House

WHERE  
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DATE & TIME  
Tuesday, Oct 13  
6:30 PM



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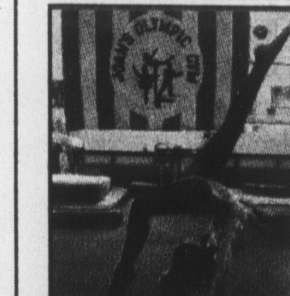
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# New Polling Place For Some Ward 2 Voters

*Precincts 2, 3A Moving From  
1000 S.A. To Marshall School*

By SCOTT JACKSON

Voters who normally cast ballots at 1000 Southern Artery will instead be voting at the Clifford Marshall Elementary School in November.

City councillors on Sept. 21 approved the list of polling places that will be used for the Nov. 3 election. The locations are mostly unchanged from the Sept. 1 state primary, but two precincts in Ward 2 – Precincts 2 and 3A – will have their polling place moved from 1000 Southern Artery to the Clifford Marshall Elementary School.

City Clerk Nicole Crispo said all voters in those two precincts would be sent a letter notifying them about the change in locations. That letter will be translated into

different languages. Notices will also be provided in local newspapers and signs will be up on Election Day to guide voters to the new polling place.

Crispo said the city had to find a new location because the management at 1000 Southern Artery was concerned about voting taking place there amid the coronavirus pandemic.

"I think we found the best place to go considering we are right next door," she said, adding that it was too soon to say whether the change in polling places would be a temporary move or a permanent one.

The Marshall School has about 25 parking spaces on site, Crispo added. All Quincy Public Schools will

*Cont'd On Page 8*



**FASHION FOR FIRST RESPONDERS** – Denise Hajjar, center, owner of the Denise Hajjar Boutique at Marina Bay, poses with her models at the recent Eat, Drink, Model fundraiser fashion show sponsored by the Denise Hajjar Boutique at Marina Bay to support local first responders. More photos on Page 15. Quincy Sun photo/Tom Gorman

## Rosary Prayer Rally Saturday In Quincy Center

A Rosary Prayer Rally will be held Saturday, Oct. 10 from noon to 1 p.m. at the corner of Hancock Street

and Walter Hannon Parkway, Quincy Center.

All religious denominations are welcome to partici-

pate.

Organizers said the rally is in honor of the Blessed Mother and to pray for the

United States.

City of Quincy Public Health guidelines for COVID-19 public gatherings will be followed.

## Live Online: Falls Prevention, Stress Management For The Aging Adult

Everyone is welcome and encouraged to attend the final session in this series "Falls Prevention, Stress Management for the Aging Adult" that teaches and empowers aging adults and those who care for them with skills and ideas that decrease falls and increase independence.

It will be held online at 10 a.m. Tuesday, Oct. 13. In this session, learn to combine new skills to create a practical plan to age stronger.

Join Debbie Lyn Toomey, RN, coordinator of the Tufts Medical Center's Injury Prevention Program, for

this engaging and valuable program. Each 90-minute session built upon the previous ones to deepen your aging strong experience, but you can attend this one even if you missed the others. They will be recorded for later viewing and sharing and made available on the Thomas Crane Public Library's YouTube channel.

Join on Zoom (meeting ID: 874 7134 0892). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the library's YouTube channel and Facebook page.

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## Moments in time

THE HISTORY CHANNEL

• On Oct. 24, 1775, a British naval fleet of six ships sails up the James River to destroy the town of Norfolk, Virginia. Expecting the Patriots and local militia to come charging and to engage in open combat, the British were surprised to come under fire from expert riflemen, who began striking down British troops at a distance.

• On Oct. 19, 1781, hopelessly trapped at Yorktown, Virginia, British Gen. Lord Cornwallis surrenders, effectively bringing an end to the American Revolution. He surrendered 7,087 officers and men, 900 seamen, 144 cannons, 15 galleys, a frigate and 30 transport ships. Pleading illness, he did not attend the surrender ceremony.

• On Oct. 23, 1921, in France, American Sgt. Edward Younger selects from four caskets the body of the first "Unknown Soldier" to be honored among the approximately 77,000 U.S. servicemen killed during World War I.

• On Oct. 22, 1934, Charles "Pretty Boy" Floyd is shot by FBI agents in Ohio. Floyd, who had been hunted for four years, used his last breath to deny his involvement in the infamous Kansas City Massacre, in which four officers were shot to death at a train station.

• On Oct. 20, 1947, the notorious Red Scare kicks into high gear in Washington, as a Congressional committee begins investigating Communist influence in Hollywood. Some witnesses -- including studio honcho Walt Disney -- gave the committee names of colleagues they suspected of being communists.

• On Oct. 25, 1973, President Richard Nixon vetoes the War Powers Resolution, which would limit presidential power to commit armed forces abroad without Congressional approval. Congress passed the law over Nixon's veto.

• On Oct. 21, 1988, "Mystic Pizza," a romantic comedy starring Julia Roberts, Annabeth Gish and Lili Taylor as three young women who work at a pizza parlor in Mystic, Connecticut, opens in theaters. Matt Damon made his big-screen debut in the film.

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## Live Online: Legacies Of 1620 And The Mayflower - Native Americans Of New England

The story of the Mayflower and the creation of Plymouth Colony in 1620 maintains a strong hold on the American imagination and popular culture.

America's founding myth depicts the establishment of the Puritan colony, celebrated at Thanksgiving, as the point of origin of the country. The history

of the indigenous peoples on whose lands the English moved are too often a marginal or a neglected part of the founding myth of New England and America.

By focusing on a few select case studies, historic sketches, and biographies from throughout New England, Professor Christoph

Strobel will present the story of Native Americans in the region including the horrendous impact that colonization, dispossession, and racism had on the lives of indigenous peoples in New England. It will also emphasize Native American resistance, adaptation, and survival under often harsh and unfavorable circumstances.

The program will be held

online at 7 p.m. Tuesday, Oct. 13.

Strobel is professor of history at the University of Massachusetts Lowell, where he teaches various courses in Native American and global history. His most recent book is *Native Americans of New England*. He is also the author of the *Global Atlantic: 1400-1900*,

*The Testing Grounds of Modern Empire*, and, co-author with Alice Nash, of *Daily Life of Native Americans from Post-Columbian through Nineteenth-Century America*. Strobel has also published three books on immigration and his scholarly essays appear in many academic journals and in various edited collections.

Join on Zoom (meeting ID 829 5850 6434). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Thomas Crane Public Library's YouTube channel and the library's Facebook page.

# Students Grades 4-12 Returning To Classroom Next Thursday

Cont'd From Page 1

had targeted Tuesday, Oct. 13, as the date those students who started the year remotely could transition to the hybrid model. That has since been pushed back two days to Thursday, Oct. 15. Lauren Owens, the assistant to superintendent Kevin Mulvey, said the start date was pushed back two days because Wednesdays are fully remote days for all children except for certain high-need students.

Parents do have the option to keep their children at home where they would continue to learn remotely.

Ruth Jones, the city's health commissioner, on Monday said ten COVID-19 cases had been reported among Quincy Public Schools students between Sept. 23 and Sunday. One teacher has also tested positive.

Mulvey, in a phone interview Monday, said five of those students were remote learners and five were hybrid learners.

The superintendent said he continues to work with Jones on plans to move to the hybrid model for all grades next week.

"She feels we're still OK to move forward with planning. We're taking it day-by-day," Mulvey said. "We haven't seen any in-school transmission, which is good."

The district has protocols in place to help stop the spread of COVID-19, he stated. Those include six feet of distancing in the classroom and a requirement that students in grades two and up and all staff wear masks. The district used those same guidelines for in-person programming offered over the summer to special education students.

"We are following all the protocols we have been following since the summer," the superintendent said.

Mulvey said his department also notifies parents and the school community after each confirmed case.

"Our goal is to be transparent," he said.

Jones discussed COVID-19 cases among students during the Sept. 30 School Committee meeting. She told the school board the cases seen had come from community spread or spread within families.

"We're not seeing any transmission within the schools, which is a good thing. We are looking at community spread," Jones said. "Some are families. You see mom positive, dad positive and then a child may be positive. There were a number of cases that are unknown where they got it. No relation."

"But we do see spread within families when we're looking at our contract contact tracing and when we're doing our investigation."

Quincy has seen an increase in COVID-19 cases in recent weeks and was designated a yellow, or moderate risk, community by the Department of Public Health on Sept. 30, with a case rate of 4.38 new cases per day per 100,000 residents over the prior two weeks. The city had previously been green, or low risk, with fewer than four new cases per day per 100,000 residents since mid-August.

The rise in cases in recent weeks in Quincy and the rest of Massachusetts could have been caused by the return of students, including those in college, to classes and the start of fall as people spend more time indoors because of the cooler weather, Jones said Monday. But she said the majority of the increase is because some people are no longer taking steps to stop the spread of the virus, such as wearing masks and social distancing.

"I think people are getting lax or tired of wearing masks and social distancing," Jones said. "I see a lot of people without masks on."

Jones told the school board Sept. 30 that the move from green to yellow should not delay plans to move to hybrid learning.

"Just because we went into the yellow, I don't think it should change our plans

as far as the way we're going forward with bringing students back," she said, noting that other metrics need to be considered as well, including the number of cases among Quincy Public Schools staff and students, cases in students' households, cases among city residents ages 18 and under, and the case rate in communities where QPS staff resides.

"You look at the other metrics...and it shows us that the transmission is not within schools. The transmission we're seeing is community. And I would not not change anything right now the way that we're planning on progressing back into four through twelve coming back hybrid."

Committee member Paul Bregoli asked Jones why the guidelines for distancing inside schools are different than those in place for other settings. For example, Bregoli noted the state is now allowing up to 10 people to sit at a table in restaurants.

"If we're sitting 10 people at a table, that's pretty close to each other. And I think people are asking, well, if we can do that when we go out to dinner then why is it not possible for us to do that in a public school setting? And I had the same question," Bregoli said.

Jones said many patrons who go to restaurants either live together or would otherwise spend time together, while children in schools come from different households.

"I think for the most part, if you see people going out to dinner, it's people who are together a lot in other phases of their day or their life," Jones said.

"In a school situation, we have many kids from different homes, different households, and the thought of having these kids too close together and then bringing that back to so many different households that we could see the transmission be much, much more widespread than in a restaurant situation. I think that's the

basis behind it."

Bregoli also asked Jones if she would be comfortable reducing the distancing requirements in schools from six feet to three feet, which is the minimum distance required by the state. Jones said she is not ready to move from six feet.

"I'm very comfortable with six at this point and I think... the path that we're going on is the right path. When we have the four to twelve group come back hybrid, I think that will give us a lot of information on how the schools will be able to succeed," she said.

"We don't want to overwhelm any resources, and this will give us some really good information of what happens when the larger group comes in."

The district had surveyed parents in recent weeks to determine how many children would continue with remote learning and how many would move to the hybrid model. The percentage of students who will be moving to hybrid learning varies by grade level.

Grade four has the fewest students choosing the hybrid approach; 45 percent of those students will move to the hybrid model. Among fifth graders, 48 percent will move to hybrid classes.

A majority of middle schoolers will move to hybrid classes, including 58 percent of sixth graders, 56 percent of seventh graders, and 59 percent of eighth graders.

Ninth grade has the highest percentage of students moving to hybrid classes, with 61 percent of those students doing so. Less than half of other high schoolers -- 49 percent of sophomores, 46 percent of juniors and 47 percent of seniors -- will move to hybrid.

Parents of children in kindergarten to grade three had the same choice as well; 56 percent of kindergarteners are learning through the hybrid model as of this week, as are 53 percent of first graders, 54 percent of second graders and 50 percent of third graders.

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# Scenes From Yesterday

SHORE SCENE, HOUGHS NECK, MASS.



THIS IS A 1915 postcard view of Perry Beach in Houghs Neck looking north along what was known then as North Harbor on the left. Because of the mudflats here many cottages had long piers extending out to the water's edge to reach their boats. This stretch of the beach took a battering from the great 1898 Portland Storm resulting

in the closure of ocean access to Manet Lake at today's Bayswater Road. The storm may also have been the cause of all the rocks shown on the beach, which could not have been very comfortable to sit on.

From the Tom Galvin Postcard Collection

## READERS FORUM

### You Can't See What You Have Decided Not To Look At

Four letters to the editor in the Sept. 24 edition of the Quincy Sun ("Race, Gender Based Hiring Is Not The Solution," "As Community Diversity Increases, So Too Will QPD," "9-11 And How America Has Changed," "Support the Best Qualified Candidates For Any Position") misrepresent the actual message of the letter from the Quincy for Transformative Change Policing Accountability Task Force which ran in the Sun the week before. All of the letter writers claim that the Task Force recommends hiring to be exclusively race- or gender-based, without regard to the actual qualifications of the candidates, i.e. physical stamina, test scores etc. This is not what the Task Force said, and if it had been, the letter writers would have been correct, if a bit overwrought, in using words like "horrified" to describe their reaction.

Rather, the Task Force is calling for candidates who are qualified in every way not to be passed over

for employment because of their color or gender.

The racially skewed results of the hiring process in Quincy, as exemplified by the recent elevation of a white man to be Superintendent of Schools over two other finalists, both of whom were far more qualified and both of whom happened to be Black men, speak for themselves. As the Task Force pointed out, 31.6% of the population of Quincy is of Asian descent, but only 3% of the police force is. Black, Latino/a, and female populations are even less represented. The fact is that this racial imbalance matters, a lot. Responses to the needs of people of color in Quincy, across all departments not just the police, are negatively impacted by it.

One letter writer claims that if the racial imbalance in the police force negatively impacted its response to the needs of people of color, it would be headline news. But when such incidents are reported, and they have been, the reporter is at-

tacked and the report is discounted. (Typically the next thing that happens is the patriotism of the person reporting the incident is called into question, as one of the letter writers casually did without any basis.)

Another letter writer claims that as diversity increases in the city, so will it increase in the QPD, but that's exactly the point -- it hasn't. This cannot be coincidental. As one of the letter writers put it: "Sound familiar? Isn't that what Affirmative Action is all about?" He demands proof that qualified candidates have been passed over because of their color, but again, the racial imbalance represented in the skewed percentages is the proof.

Mayor Koch's response to one of his constituents sending him a copy of "How To Be An Anti-Racist" by Ibram X. Kendi was to send the constituent a copy of the Bible. (Yvonne Abraham, "Is this mayor up to it?" Boston Globe, Sept. 23) Racism in Quincy will never

be even confronted, never mind addressed, as long as its mayor thinks that the fact that he likes the Bible makes him such a good person that he could never be guilty of (fill in the blank). I wonder how many other constituents he has sent a copy of his holy book to in response to their concerns.

You can't see what you have decided not to look at. If you do not think that there is a racial bias in hiring in Quincy it is because you have decided not to look at the data. Maybe instead on falling back on tired old knee-jerk reactions which used to shut down dissent or even conversation, you should try looking at what is actually all around you.

Knee-jerk reactions based on what Quincy looked like 50 years ago aren't working anymore, and they keep Quincy mired in its past instead of heading strongly, joyfully and unitedly into the future.

Susan Bill  
North Quincy

### Questions Legality Of City Seeking Adams' Library

Quincy Mayor Tom Koch does not appear to understand provenance or recall recent history.

For example, what is his legal basis to seek that President Adams' personal library be turned over to the City of Quincy?

The books were bequeathed by Adams to the Adams Academy. The academy subsequently closed, the trust for the academy

was later rolled over to the benefit of the Woodward School for Girls in 1953, and the City of Quincy subsequently hit for millions in damages and stripped of control of that trust in 2014 after decades of gross mismanagement.

The books would thus appear to be properly under the control of Woodward unless Koch is under the impression that the Adams

Templeton Fund is somehow or another a different trust still under the city's control.

In turn, might Woodward have a financial claim against the city for "loaning" out the books to the Boston Public Library?

After all, city officials long kept Woodward in the dark about the Adams trust.

Similarly, after 126 years does Boston have at least de facto control of the collection?

Bill Zamzow  
Washington Street  
Quincy

More Readers Forum  
On Page 8

## Quincy's Yesterdays

This Week  
1963  
57 Years Ago

### Della Chiesa Tops Ticket, Burke's Strength Surprises

The surprising citywide strength shown by Ward Five Councillor George G. Burke featured the preliminary election in which Mayor Amelio Della Chiesa and Council President Charles L. Shea were nominated as mayoral candidates. The mayor led his challenger: 8,287 to 4,941.

Burke ran up a 8,049-vote to top the seven councillor at-large candidates. He showed strong support throughout the city, topping the list in five out of six wards.

Spirited ward councillor fights in Ward One and Ward Three featured the ward council contests. Leo J. Hannon, a real estate broker, topped a list of five candidates in Ward One with 1,110 votes, while banker Frank McCauley polled 1,106. In Ward Three, John F. Koegler, 449 votes and Leo Burke, 439 votes, were nominated.

#### INCINERATOR SITE OPPOSED

A petition of 922 names opposing the location of an incinerator on the Swingle's Quarry property as recently proposed by Peter G. Ruscitto, was introduced in the City Council by Ward Four Councillor George B. McDonald. McDonald said some 300 more names would be added to the petition. McDonald recorded himself in "strong opposition" to the proposed incinerator site.

He explained his opposition was based largely on the fact that trucks would have to pass over streets that are winding and narrow.

#### QUINCYISMS

**William J. Martin, Jr.**, of the South Shore National Bank, was named chairman of the Financial group in the 1964 United Fund Campaign... **Simon Fireman**, 79 Dimmock St., was appointed by Governor Endicott Peabody as a member of the World's Fair Commission... Sheridan's Fashion Center, Hancock Street, Quincy Center, was advertising a "5 PC Colonial Dinette Set for \$98.88, a regular \$119.95 value"... A daughter was born to **Mr. and Mrs. William Brabazon**, 9 Alrick Rd., at Quincy City Hospital... The Quincy Women's Club was sponsoring a Diamond Jubilee Ball Dec. 13 at the Sheraton Inn. The ball will be held to commemorate the 75th anniversary of Quincy becoming a city. Honored guests will include Mayor and Mrs. Amelio Della Chiesa and Lt. Governor and Mrs. Francis X. Bellotti... The Wollaston Theater, Beale St., was featuring "Divorce Italian Style," starring Marcello Mastroianni... Howard Johnson's Restaurant was advertising "A Fish Fry Every Wednesday Evenings, all you can eat for only \$1"... **James Peddie**, Howe St., Germantown, was elected commodore of the Gull Point Yacht Club at a recent meeting of club members... **William J. Murphy**, 100 Rock Island Rd., Hough Neck, was teaching elementary school as a Peace Corps volunteer in the Philippines. Murphy is a 1963 graduate of Bridgewater State Teachers' College... Louis' Café, 1269 Sea St., Hough Neck, was advertising Happy Hours every Thursday and Friday from 8 to 9:30 p.m... Ten members of the Great Hill School PTA presented the School Committee with a list of "conditions and problems which have been uncovered at the school; the chief complaint being one of overcrowding... **Frank W. Kerwin**, head of the business education department at Quincy High School, was named assistant principal at the school by the School Committee... Quincy resident **Joseph C. Barrett** was promoted to Airman Third Class in the US Air force. Barrett is a student in the Communication Operations Course at Keesler Air Force Base, Miss... The Wollaston Business and Professional Association was planning a candidates' night at the Wollaston Legion Post Home, Beale St., Tuesday, Oct. 15 at 8 p.m.... **Fred Hunt's** City Hall Beat column noted that present City Councillors **John J. Quinn**, **George G. Burke** and **Joseph J. LaRaia** loom as possible candidates for council president when the new council convenes in Jan. 1964. (Editor's note: Councillor LaRaia would win the council presidency on the fourth ballot at the organizational meeting of the City Council Jan. 6, 1964.)... **Charles T. Sweeny**, vice chairman of the Quincy School Committee, was the scheduled speaker for the fall meeting of the Nathaniel Hunting PTA. His topic, "Future Plans For Quincy"... **Mrs. Helen Varraso**, 58 Charlesmount Ave., Quincy Point, was named to the Dean's List at Bentley College of Accounting and Finance.



									
SEAM BAMBERY Acton-Boxborough Regional High School	THEODORE BARRETT East Bridgewater High School	MEGAN BECK Quincy High School	ISABELLA BUONAUGURIO Notre Dame Academy	OLIVIA BUTTS Fontbonne Academy	MADLINE CHRISOM Fontbonne Academy	ERIN COLLINS Quincy High School	BROOKE CONNOLLY Foxborough High School	JACK CONNOLLY North Attleboro High School	QUINN CONNOLLY Notre Dame Academy
									
SEAN DALY Braintree High School	KERIANN DANAHY Abington High School	ANDIE DIBONA Whitman-Hanson High School	CAMERON DICARLIO Braintree High School	SAMANTHA DONOVAN Braintree High School	JACOB EATON West Bridgewater High School	SYDNEY EATON West Bridgewater High School	KYLE FAHERTY Hanover High School	KEVIN FERENT Quincy High School	ANTHONY GOLDEN Boston College High School
									
AIDAN HEALY Quincy High School	TARYN HEALY Archbishop Williams High School	KYLIE HERNON Quincy High School	JENNA HICKEY Weymouth High School	WILL HINGSTON Archbishop Williams High School	GRACE HOBIN Quincy High School	NATHANIEL HUBLEY North Quincy High School	MELISSA KNIGHT Quincy High School	SARA KNIGHT Quincy High School	CONNOR KULIG North Quincy High School
									
MOLLY LYONS Braintree High School	PEYTON MCGAFFIGAN North Quincy High School	LAUREN MCGAHAN Whitman-Hanson Regional High School	JAKE MCGAHEY Quincy High School	JACK MCPARTLIN Archbishop Williams High School	GAVIN MOODY Hanover High School	TARRYN O'BRIEN Weymouth High School	REESE PICCARELLI Weymouth High School	EMILY PIMENTAL Weymouth High School	MICHAEL PIZZUTO Belmont High School
									
MAUREEN MESHEAU Exalted Ruler	ALEXA RADZIK North Quincy High School	LAUREN REYNOLDS Hanover High School	COURTNEY ROSS North Quincy High School	DANIEL SWEETLAND Xaverian Brothers High School	BRENNA TOBIN Quincy High School	AIDAN WILKINSON Clearway School	BRUCE AYERS Scholarship Chairperson	BRUCE AYERS Scholarship Chairperson	BRUCE AYERS Scholarship Chairperson

## Quincy Elks Award College Scholarships To 46 Students

The Quincy Lodge of Elks #943 recently recognized 46 college-bound high school seniors as part of their annual Elks Scholarship program.

State Rep. Bruce Ayers, the chairman of the Elks Scholarship Committee,

said this year's class of recipients is a special one.

"We're proud to recognize some outstanding students from Quincy and across the South Shore," Ayers said. "Thanks to the leadership of Exalted Ruler Maureen Mesheau and her

officers and trustees, along with the generosity of the more than 1,300 members of the Quincy Elks, we can help these students financially as they further their academic endeavors."

Due to the COVID-19 pandemic, the Elks were un-

able to hold its annual scholarship recognition dinner. However, Ayers said despite the challenges caused by the pandemic, moving forward with this year's scholarship program was never in doubt. "The Elks officers and trustees have made it clear that they remain committed to supporting these impressive students as they go to college, especially during these unprecedented times," Ayers said.

This year's class of scholarship recipients includes students from 19 different high schools, with 10 students from Quincy High School and five from North Quincy High School. The

recipients will study more than 30 different majors at a combined total of more than 35 colleges and universities, including UMass Amherst, UMass Boston, Mass Maritime, Providence College, Boston College, and the University of Tampa.

Ayers praised the Elks for all they do to support continuing education.

"The Quincy Lodge of Elks give so much back to the community," he said. "Whether it's through youth support programs; veterans'

services; holiday food basket drives; senior activities; or the scholarship program, the Elks are always willing to volunteer their time for the betterment of others."

Nationwide, the Elks are the second-largest provider of financial assistance for continuing education, behind only the U.S. government. Over the last six years, the Quincy Lodge of Elks has distributed more than \$150,000 in scholarship assistance to local students.

### Free Estate Planning Zoom Meeting Oct. 13

The public is invited to

join Peter J. Fredericksen of B.O.C. Life Solutions (a licensed subsidiary of Bank of Canton) for an online, interactive Zoom meeting on Tuesday, Oct. 13, from noon to 1 p.m. on the topic of estate planning.

Learn how to preserve your independence and protect your assets from risk and uncertainty, with an estate plan.

This online event is free and open to the public. Login information will be shared with those who RSVP. Call 781-830-6152.

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#### Public Access Channel 8

Thursday, October 8  
5:00pm: Bethany Congregational Church  
7:00pm: LIVE: State Senate Debate

Friday, October 9  
11:30am: Currently in Quincy  
7:00pm: State Senate Debate

Saturday, October 10  
12:00pm: State Senate Debate  
7:00pm: The Call

Sunday, October 11  
10:00am: Bethany Congregational Church  
11:30am: Good News

Monday, October 12  
12:00pm: Quincy in Focus  
8:00pm: QHS vs. Plymouth South '18

Tuesday, October 13  
7:00pm: AM Quincy: Mayor Thomas Koch  
8:00pm: State Senate Debate

Wednesday, October 14  
5:00pm: Good News  
7:00pm: The Call

#### Government Access Channel 9

Thursday, October 8  
10:00am: AKC: Exercise w/Karen Gaughan  
4:00pm: Board of License Commissioners 10/5  
6:00pm: At Your Library: October Happenings  
8:00pm: City Council/Pub Hearings/Finance 10/5

Friday, October 9  
6:00pm: Climate Preparedness: Climate Change

Saturday/Sunday, October 10/11  
8:00am: MA House of Reps Session 10/5  
3:00pm: ATL Concert: Hiroya Tsukamoto  
4:30pm: Board of License Commissioners 10/5  
7:00pm: City Council/Pub Hearings/Finance 10/5

Monday, October 12  
12:30pm: Finding Strength & Balance  
8:00pm: Quincy in Focus

Tuesday, October 13  
12:30pm: AKC: Eldys' Yoga II w/Margie Bello  
4:00pm: LIVE: Board of License Commissioners  
5:30pm: Live: Zoning Board of Appeals

Wednesday, October 14  
1:00pm: AKC: Zumba Gold w/Mary Ellen Reardon  
5:30pm: LIVE: Quincy School Committee

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

OCT

8

2020



## Social Security Matters

### Ask Rusty – Can I Get Social Security With My Municipal Pension?

By RUSSELL GLOOR  
AMAC Certified Social Security Advisor  
Association Of Mature American Citizens

**Dear Rusty:** I retired from a municipal Fire Department seven years ago at the age of 54. It is a private pension, and I was exempt from Social Security while I was working. I receive about \$50,000 per year in pension benefits. I recently got a letter from Social Security saying I needed 8 more credits of work to qualify for Social Security benefits. I was wondering if I worked two more years, paying into Social Security, would I qualify for benefits, since I am on a municipal pension? **Signed: Retired Fireman**

**Dear Retired Fireman:** Although your municipal Fire Department pension would reduce your Social Security benefit, it will not eliminate it. So, if you work and earn those additional eight credits you will be entitled to a Social Security benefit.

Because of your non-covered municipal pension your Social Security benefit will be affected by the Windfall Elimination Provision (WEP), which affects anyone who has a pension from an employer which did not participate in Social Security (neither the employee nor the employer paid into Social Security). WEP uses a special benefit computation formula which will result in you getting a smaller benefit, but you will, nevertheless, get some benefit amount if you have accumulated at least 40 quarters of Social Security credit. Note that your SS benefit amount will be further reduced if you claim it at age 62, or any age prior to your full retirement age.

You earn Social Security credits by working in a job where you pay FICA payroll taxes on your earnings, and you can earn a maximum of four SS credits per year. For 2020, you'll earn one credit for each \$1,410 of earnings, up to a maximum of four credits for the year, but you don't need to work the entire year to get the credits. For example, if you work yet in 2020 and earn \$5,640 (4 times \$1,410) you'll earn the maximum four credits for this year.

You need a total of 40 quarter credits to become eligible for Social Security, and those credits never expire, so even old credits earned before your Fire Department career still count. And, even if small, this would be a benefit you have earned by contributing to Social Security, so there's little reason not to pursue it by gaining the needed additional credits.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.*

To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).

## Online Fall Cooking Classes Begin Thursday

Colin McCullough will present a new series of cooking classes online this fall. The classes begin at 7 p.m.

Thursday, Oct. 8 - Whole Food Soups. Learn how to make Fragrant Coconut Soup, Lebanese Red Lentil Soup, and Creamy Tomato Soup.

Thursday, Nov. 12 - Healthy for the Holidays. Learn ways to make traditional meals lighter and

some new healthy holiday dishes that are lighter.

Thursday, Dec. 10 - DIY Healthy Gifts Everyone Will Love to Eat! Learn to make Peppermint Blizzard Rolls, Orange Chocolate Bites, and more.

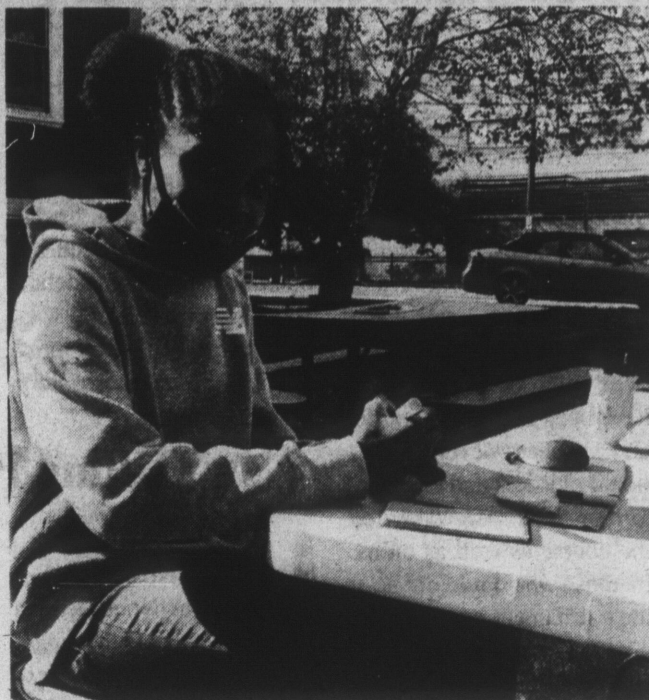
Join on Zoom (meeting ID 873 8149 9949). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio.

## Brielle O'Malley On Seton Hall Dean's List

Brielle O'Malley of Quincy has been named to the Dean's List for the

spring semester at Seton Hall University in South Orange, N.J.

## Social



ZAKIYA CALENDER of Dorchester, Woodward Class 2027 wrote as instructions on her rock, "Help someone clean up a mess."

Photos Courtesy Woodward School



FRANCESCA McARDLE of Boston, Woodward Class 2027. Encourages people to "think rainbows, not thunderstorms."

## Woodward School Kindness Project

During the first week of classes at The Woodward School, 6th graders presented their plan for the "Woodward Kindness Project" at the weekly community assembly.

Sixth graders will paint rocks with instructions for a kind deed. These rocks would be spread across the Woodward campus. Students, faculty and staff who find a rock are challenged to fulfill that act of kindness and then place the rock in a new location to be found by another. The objective of this project mirrors "pay it forward" which allows everyone in the Woodward community to benefit from benevolent acts as well as participate in the process.

Liza Iolli, Dean of Student Life and Grade 6 Advisor, said, "To have the 6th graders initiate the first community service project this fall makes me so very proud of them. These students' combined enthusiasm and spirit for their Woodward Kindness Project has become contagious throughout the school."

Heidi Barber, a sixth grade student from Quincy, shared how it came about.

"Ms. Iolli told us about the Community Service requirement for each class. As we thought about using rocks with messages, we went around the room, making suggestions, such as 'maybe we should start with a scavenger hunt...or maybe we could spread out all of the rocks and who ever picked up the rock would have to do a deed.' Eventually it all came together."

When asked, what would



HEIDI BARBER of Quincy, Woodward Class 2027, explained how the project will work: Pick up the rock, fulfill on the task written on the back and return the rock for another person to find.



BEATRIX COHEN of Quincy, Woodward Class 2027 hopes that The Woodward Kindness Project may change people in a very nice way where kind deeds may become part of their daily routine.

be written on the rocks, student Lyla Johnson of Quincy commented, "We can ask someone to compliment a classmate on something that they do well or ask them to volunteer to help somebody."

Six grader Beatrix Cohen-Raymond of Milton said, "The Woodward Kindness Project may change people in a very nice way where kind deeds may become a part of their daily routine long after the kindness project ends."

Zella Hilbert, a sixth

grade student from Canton, added:

"With kindness, anything can happen. If we can get on the news and talk about our project, then other schools can learn about it and other schools can practice it and they can get on the news, too. If every school in our country would do this project, then America and maybe the World could be more kind."

"The Woodward Kindness Project is a facet of our shared principle," Iolli said. "Woodward Cares."

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## Conway & Company Raises \$67,146 To Benefit Homelessness

An incredibly strong showing of support enabled Jack Conway & Company to raise \$67,146 to support those facing housing insecurity in Eastern Massachusetts.

Monies were raised at the 36th Annual Jack Conway Memorial Golf Tournament which was held in conjunction with a Conway-funded Matching Gifts Drive. The proceeds will benefit Father Bill's & MainSpring whose efforts serve individuals, veterans and families facing homelessness.

The sense of need compelled unmatched generosity this year and all 32 team slots sold out in record time. On Sept. 24th, 128 agents, vendors and partners par-

ticipated in the golf event held at Easton Country Club in Easton that looked a bit different than past years as efforts were taken to comply with COVID-19 precautions, but with the great cause, great company, and great weather, the event was a huge success.

It was this overwhelmingly positive willingness to participate by so many that inspired Jack Conway & Co. to run a Matching Gifts Drive in conjunction with the Tournament.

"Father Bill's & MainSpring has a strong and storied history with Conway," said Carol Conway Bulman, president and CEO of Jack Conway & Co. "In these unprecedented times it felt

like the right thing to do, to support some of our community's most vulnerable citizens through such a great organization. We graciously thank those who supported us on the course and through individual contributions to make this remarkable donation possible."

In lieu of what would have been an auction, raffle, and luncheon event, additional physical and electronic donations were taken on the course as well as online by those who could not be at the tournament but wanted a way to contribute.

All funds raised on the course and over the 3 days surrounding the event were matched for a grand total of \$67,146 for Father Bill's & MainSpring.

## 6-Year-Old Resident Authors Children's Book

Cont'd From Page 1

nie B. Jones and Magic Tree House books," explains her dad, Vivek Manchanda.

When asked if she would like to be an author when she grows up, Navya said, "I cannot decide if I want to be an artist or an author." She also shared some details about her next book: "I want to write a storybook next, possibly a superhero story.

When I grow up, I would like to write chapter books, because chapter books are really interesting."

Navya added:

"Kids in kindergarten to third grade will really enjoy my book. I want to share this book with as many kids as possible and for this reason, the book is available for free. My parents got some copies printed and I

would like to give it to lot of schools and libraries in Quincy." She also noted that it feels great to have a book with your own name on it.

Navya's other interests are playing the piano, which she recently started learning. She also enjoys watching PJ Masks and is looking forward to dressing up as Owlette (a character from PJ Masks) on Halloween.

## New Polling Place For Some Ward 2 Voters

Cont'd From Page 3

be closed on Nov. 3.

Councillor Noel DiBona asked Crispo if the management at 1000 Southern Artery would be providing transportation for tenants to vote at the Marshall School on Election Day.

"I know that this will be new to some of the residents over there. I don't remember them switching this up for quite a while," DiBona said. "I know they are very

active voters — it's kind of like a thing to come down stairs and vote. I hope that this is something that will be just this time around and for the future maybe go back to voting [there]."

Crispo said she planned to talk with management at the building about transportation options. Building management, she added, has encouraged residents to vote by mail or during the in-person early voting period that

will begin in mid-October.

Ward 2 Councillor Brad Croall said it was important that voters receive a notice about the change in location in time for them to vote by mail.

"You definitely want to notify people close to [Election Day], but also give them the liberty and leeway to decide whether or not they want to do a mail-in," he said. "Not everyone has an automobile."

## WHAT'S COOKING

with

Marie & Susie

By MARIE D'OLIMPIO and SUSIE FALCO



## Chicken Mushroom Sauté Served Over Polenta

By MARIE

Because I write a food column, I am always looking for easy and delicious recipes. Lately, so many of us are always heading off to the market and doing more cooking and baking than ever before.

So, here's hoping that you will want to make today's Chicken-Mushroom entrée.

### Ingredients and Directions:

4 chicken thighs (bone-in or boneless your choice)

1 package of mushrooms, sliced

3 tablespoons of sherry (Drinking sherry and not cooking sherry)

¼ cup low-sodium soy sauce

1 box of instant polenta (2 cups)

½ cup chicken stock (or Better than Bullion) (You can also use ½ cup of water instead)

1 tablespoon of flour

2 tablespoons olive oil

Salt and pepper to taste

In a large skillet, sauté the chicken until brown on both sides, place in a dish and set aside.

In the same pan sauté the mushrooms add the liquids — low-sodium soy sauce, sherry, chicken stock or water.

Simmer and cook until mushrooms are tender, sprinkle flour over mixture and stir until well blended. This will thicken the mixture.

Add chicken back into the skillet and cook covered on low heat for 20 minutes or until chicken is done.

While that is cooking make the polenta according to the directions on the box.

When done place polenta on a serving dish, place chicken and mushrooms over the polenta.

Serve with a side salad if you like!

## 'Creamy' Cauliflower Soup

By SUSIE

Here is a yummy and healthy recipe for a creamy soup without the cream.

Cashew cream is used rather than cream for a heart healthy, anti inflammatory and easy to digest substitute.

Cauliflower is chock full of important nutrients, and is part of the cruciferous vegetable family, which have been found to reduce the chances of certain types of cancers.

### CREAMY CAULIFLOWER SOUP (without the cream)

• 1 large head cauliflower, in pieces

• 4 tablespoons olive oil

• 1 teaspoon sea salt

• 1 large onion, diced

• 5 cups chicken stock

• 2 cloves garlic

• ½ cup raw cashews that have been soaked in boiling water for 30 minutes

• Fresh chopped parsley

### Instructions

1. Place cauliflower that has been tossed in olive oil and salt on a baking sheet. (I cover mine with parchment paper.)

2. Bake uncovered at 350 for about 30 minutes, or until slightly browned

3. Remove cauliflower from oven

4. Heat remaining 2 tablespoons olive oil in a large saucepan over medium heat

5. Add onion and cook until soft and translucent, about 10 minutes. Add garlic and cook another few minutes. DO not let garlic get browned (it will get bitter.)

6. Add cauliflower and 5 cups stock

7. Simmer until cauliflower is very soft, about 10 minutes

8. Meanwhile, drain cashews from water and add enough new water just to cover. Place in high speed blender and blend until smooth and creamy, like sour cream. Add to soup mixture.

9. Using a hand held immersion blender, blend well until smooth and creamy. Let simmer a few minutes.

10. Sprinkle with parsley, check for seasonings, and serve.

## Nearly 500 Youths Attend Sheriff's Youth Leadership Academy

Norfolk County Sheriff Jerry P. McDermott announces the summer Youth Leadership Academy was attended by 490 children between the ages of 10 and 14.

The academy, which uses an aerial ropes course to teach teamwork and build confidence among young people, ended on Aug. 21 after seven one-week sessions at the Norfolk County Sheriff's Office Braintree Public Safety Complex. The academy emphasizes the concept of mutual respect and the idea that people of different backgrounds can reach great heights by working together toward a common goal.

Due to COVID-19 restrictions, the Sheriff's office had to reduce the number of participants and sessions for this season.

During a typical year, the academy serves around 1,400 kids.

"We're glad we were able to make the youth leadership academy a reality this summer," said Sheriff Jerry McDermott. "Not only did the kids have fun, but they were able to gain skills which they can apply to their daily life."

Sheriff McDermott also

extends his sincere thanks to Mayor Charles Kokoros and the Town of Braintree for their continued support of this program. The academy takes place on land acquired by the town.

"Braintree is so fortunate to have such a great program available to our youth. I want to personally thank Sheriff Jerry McDermott and his staff for doing such an incredible job during a most difficult time to ensure that our children had the opportunity to learn the valuable leadership skills in this program," Kokoros said.

## READERS FORUM

### Move Forward Together, Not Apart

Over several weeks now, the pages of The Quincy Sun have been open to hearing the voices of Quincy on the all important issue of race. I have enjoyed hearing the printed dialogue taken place in this newspaper. It means they care about this city and they care about each other.

However, sometimes the rage we have seen burning all summer long over simmering issues of race have led to a shutdown of needed debate and discussion: Presuming that anyone who doesn't agree with you is wrong is a dead-end street for honest and civil dialogue which we need now more than ever.

Only the brain-dead don't understand that racism is an evil that must be

eradicated and that diversity is a positive reflection of all of us as human beings who should all matter equally and show our viewpoints.

We can all disagree without becoming disagreeable. There are issues many of us try to avoid and maybe that's wrong. However, when either side presumes the other side to be guilty when it comes to race relations, how can we move forward to change things? Yes, Quincy can do better, we all can do better. The idea is to move forward together not apart.

Issues like structural racism, systemic inequalities and identity politics are all hot button issues today and must be addressed. The elephant in the room has finally been recognized

and I believe it would be more productive if all sides worked together on the many issues that united most of us and work together on those issues still being questioned.

I did not grow up in Quincy but I did live here for over 25 years and know this community well. It is a good city. It is attracting folks to make Quincy their new home. It is perhaps, one of the most diverse cities on the entire South Shore.

Standing on the steps of the Church of the Presidents holding protest signs isn't a bad thing to do but talking to each other and treating one another with respect would go a long way in this moment in our country.

Sal Giarratani  
East Boston

OCT

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# Phobias: Categories, Risk Factors, Treatments

*A Message From Ruth Jones, City Of Quincy Health Commissioner*

By RUTH JONES  
MSPH, BSN, RN,  
BC, CP-FS

A phobia is an overwhelming and irrational fear of an object or situation that poses little real danger but provokes anxiety and avoidance.

Unlike episodes of brief apprehension, a phobia is long lasting, causes intense physical and psychological reactions, and can affect your ability to function normally at work or in social settings. Several types of phobias exist, however not all require treatment. However, if a phobia influences your daily life, several therapies are available that can help you overcome your fears.

Phobias are divided into three main categories:

- **Specific phobias.** A specific phobia involves an unreasonable, persistent fear of a specific object or situation that's out of proportion to the real risk. This includes a fear of situations such as airplanes or enclosed spaces; environment such as thunderstorms or heights; animals or insects such as dogs

or spiders; blood, injection or injury such as knives or medical procedures; or other phobias like loud noises or clowns. It's not uncommon to experience phobias about more than one object or situation.

- **Social phobia.** Social phobia involves a combination of extreme self-consciousness and a fear of public scrutiny or humiliation in common social situations. This person fears being rejected or negatively judged or distresses about offending others.

- **Fear of open spaces (agoraphobia).** This is a fear of an actual or anticipated circumstance, such as using public transportation, being in open or enclosed spaces, being in a crowd, or being outside the home alone. The anxiety is caused by fearing no easy method of escape or help if intense anxiety arises.

Most people who have agoraphobia develop it after having one or more panic attacks, causing them to fear another attack and avoid the place where it occurred. For some people, agoraphobia

may be so severe that they're unable to leave home.

No matter what type of phobia you have, it's prone to producing the following reactions:

- A feeling of uncontrollable panic, or dread when you're exposed to the source of your fear

- The feeling that you must do everything achievable to avoid what you fear

- The inability to function normally because of your angst

- Physical reactions, including sweating, rapid heartbeat, difficulty breathing, a feeling of panic and intense anxiety

- The knowledge that your fears are unreasonable or exaggerated but feeling powerless to control them

- Anxiety just thinking about what you fear

- In children, possibly tantrums, clinging or crying

The actual cause of phobias is still undetermined. However, there does appear to be a link between your own phobias and the phobias of your parents. This could be due to genetics or learned behavior.

Factors that may increase your risk of phobias include:

- **Your age.** Social phobia typically develops early in life, usually by age 13. Specific phobias first appear in childhood, usually by age 10. Agoraphobia occurs most frequently in the late teens and early adulthood, usually before the age of 35.

- **Your relatives.** If someone in your family has a specific phobia, you're more likely to develop it, also. This could be an inherited tendency, or children may learn phobias by witnessing a family member's phobic reaction to an object or a situation.

- **Your temperament.** Your risk may increase if you're more sensitive, more inhibited or more negative than the norm.

- **A traumatic event.** Experiencing a traumatic event, such as being trapped in an elevator or attacked by an animal, may initiate the development of a phobia.

Although phobias may seem trivial to others, they can be overwhelming to those who have them, instigating problems that affect many facets of life and can progress to social isolation, depression substance abuse and even suicide.

If anxiety affects your ability to function at work or socially, think about seeking medical or psychological treatment. Begin by talking to your primary care provider. Depending on your situa-

tion, you may be referred to a mental health provider for evaluation and treatment. The diagnosis of phobias is based on a comprehensive clinical interview and diagnostic guidelines. Your provider will inquire about your symptoms and obtain a medical, psychiatric and social history.

To be diagnosed with a phobia, you must meet certain criteria in the Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association. This manual is utilized by mental health providers to diagnose conditions and by insurance companies to reimburse for treatment.

Your provider may propose medications or behavior therapy or both to treat phobias. The goal of phobia treatment is to lessen your anxiety and fear and to facilitate you to more effectively manage your reactions to the object or situation that triggers them.

Medications can help control the anxiety and panic that may ensue when thinking about or being exposed to the object or situation you dread. Some common treatments may include: beta-blockers, antidepressants, or sedatives.

Psychotherapy is frequently used alone or in combination with medications. Several types of psychotherapy may be effective:



RUTH JONES

- **Desensitization or exposure therapy** focuses on changing your response to the object or situation that you fear. Gradual, recurrent exposure to the cause of your phobia may help you learn to overcome your anxiety.

- **Cognitive behavioral therapy** involves exposure combined with other techniques to learn ways to view and cope with the feared object or situation in a different way. You ascertain alternative beliefs about your fears and the impact they have on your life.

Simultaneously, beneficial steps can be taken on your own to assist you in coping such as, support groups, managing your medication as directed, getting adequate rest, eating healthy and aiming to be physically active every day. Although many specific phobias cannot be prevented, early intervention and treatment following a traumatic experience may prevent the person from developing a severe anxiety disorder in the future.

Ruth Jones is the health commissioner for the City of Quincy.

## Eyeglasses Vs. Contact Lenses

By Dr. CAROLANN SPERANZO

As more workers and students are working from home, this has become the time of sweatpants and casual wear. As fashion has relaxed, so too has the choice of visual correction.

For many now returning to work and school and those who venture out to supermarket and other stores, the requirement to wear a mask becomes a challenge for those wearing eyeglasses, so many choose to wear their contact lenses. Yet, those who remain home and relax their normal working gear choose to wear their eyeglasses. So, the question become: which is better for eye health and vision?

One issue of wearing a mask and eyeglasses is dealing with lenses fogging up. While there is a new product that may nearly eliminate this, when lenses fog one must take the time to wipe the lenses: another annoyance in these often frustrating times. However, there is a benefit of wearing eyeglasses if the lenses have a blue light filter to limit the potentially disruptive light that alters circadian rhythms by reducing melatonin needed for sleep.

A recent study in Suizhou, China concluded that patients who wore eyeglasses were less susceptible to COVID-19 than the general public. However,

this study may not be substantiated since it was done very early in the pandemic and prior to preventive steps such as frequent handwashing and social distancing.

While there is general acceptance of eyeglasses impede droplets from entering the eyes or mucous membranes, most scientists conclude that more coverage such as face shields provide greater barrier.

Epidemiologist Joseph Fair described developing COVID-19 through the eyes since he had been wearing mask and gloves, so he concluded the transmission must have been through the eyes. Yet, the medical field still maintains that droplets are more likely to travel via the nose and mouth to reach the lungs. This is further supported by low rate of conjunctivitis with COVID-19. One documented advantage of eyeglasses is that people are less inclined to touch their eyes if they are wearing eyeglasses.

So, should people stop wearing contact lenses?

Ophthalmologist Dr. Sonal Tuli of the University of Florida reports that wearing contact lenses is not a problem provided sterile technique (careful handwashing) is used inserting and removing them. This presents more substantiation for using single use, one-day disposable contact lenses since the lenses are

not cleaned and re-worn so no bacteria or virus has the opportunity to grow.

Also, even eyeglasses allow droplets into the eye since most eyeglasses do not cover the area totally. To achieve no possibility of droplets entering the eye area, one would need to wear wrap-around protective eyewear.

The bottom line is whether you choose to wear eyeglasses or contact lenses handwashing and social distancing should be practiced.

For those who choose the ease of eyeglasses, consider blue light filtering lenses to ease eye strain and anti-fog eyeglass products; for those who prefer the freedom of wearing contact lenses, discuss one-day, single use lenses with your eye care practitioner for optimal protection during this challenging time

Dr. Carolann Speranzo is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and is certified by the American Board of Opticianry.

Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business. She can be reached by calling 617-773-1178 or emailing [secondsighteyewear@verizon.net](mailto:secondsighteyewear@verizon.net).

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On Thursday, Oct. 1, at about 1 a.m., Officer Kent Yee, and his canine partner Lexi were traveling in the left travel lane heading north on Hancock Street near 275 Hancock St.

Officer Yee was traveling at 32 MPH when a gray 4-door Acura TSX passed his unmarked SUV patrol vehicle in the right lane at a high rate of speed. Officer Yee proceeded to catch up to this vehicle, estimating the vehicle speed to be 42 plus miles per hour. The operator of the vehicle drove up to a barricaded construction zone blocking the right lane across from Spruce Street. He then swerved back into Officer Yee's travel lane without signaling as he passed detail Officer Curley who was standing in the right lane behind safety cones.

Officer Yee activated his police vehicle's emergency blue lights approaching Walnut Street on Hancock Street. The vehicle finally pulled over at 100 Hancock St. As Officer Yee exited his cruiser to speak with the operator, Officer Walker arrived. Officer Walker stated he was just about to stop the same vehicle for traveling at a high rate of speed and obstructed front license plate (folded up).

Upon walking up to the driver's door, Officer Yee identified himself as a Quincy Police Officer. He informed the operator the reason for the stop and asked for his license and registration. The operator immediately stated he did not have it on him and that Officer Yee could run the vehicle registration to get his license information.

The operator refused to look for his license and offered to verbally give Officer Yee his license number. Officer Yee

## A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS  
Public Information Officer  
Quincy Police Department

then asked the operator if he had his registration for the vehicle. During their conversation, the operator was very reluctant to comply with any of Officer Yee's requests for his license or registration. He made every attempt to avoid offering either item.

The operator appeared very nervous and made several motions under his right leg and seating area during their conversation. Officer Yee illuminated the area around the operator's right leg. When he did this, the operator stated the light was in his eyes. Officer Yee informed him the light was not directed in his eyes and it was illuminated for officer safety.

Officer Yee could see, in plain view, two drivers' licenses in the middle open dash compartment. At that time, a check on the driver's license status revealed that his license to operate a motor vehicle was suspended. The operator was asked to step out of the vehicle. He refused to comply and kept stating his license was active. Officer Yee informed him, again, that his license was suspended and advised him that he was under arrest. While placing the operator in custody, he began to tighten up and resisted being placed into

handcuffs. He was yelling that he wanted to turn on his cell phone and call someone before he got arrested. Officer Yee was able to place a handcuff on the operator's left hand and applied minimum force to remove him from the front driver's seat while Officer Walker assisted. He was eventually handcuffed.

Officers conducted a motor vehicle inventory search. The following items were located: brass knuckles; a large amount of Target MC \$50 gift cards; a box of glad plastic sandwich baggies; a large plastic pouch with approximately 1.5oz of green leafy substance believed to be Marijuana; rolling papers and blunt wrappers; a small baggie with marijuana residue; two large empty plastic pouches with marijuana residue; a scale; a marijuana crusher; a food saver vacuum packing machine, a credit card skimmer device, a large amount of written and blank bank checks with various names, 3 laptop computers, an Apple iPad, and a large amount (100+) cashed and uncashed bank checks made out to various names. These items were seized and turned over to the Bureau of Criminal Investigation.

The operator of the vehicle, a 28-year-old male from Canton, was transported to the Quincy Police Station where he was booked in the usual manner. He was charged with operating after suspension, speeding, defective equipment (broken left tail light), not wearing a seat belt, carrying a dangerous weapon (brass knuckles), and possession Class D with intent to distribute.

Nice work!

## QUINCY POLICE CRIME AWARENESS JOURNAL

### FRIDAY, SEPT. 25

**LARCENY (political sign stolen), 7:27 a.m., Macy Street.** Woke up political sign was stolen. Was given case number does not want to report.

**LARCENY (wallet), 11:34 a.m., Seven Eleven Store, 721 Hancock St.**

**LARCENY (package), 3:54 p.m., 1071 Southern Artery.** Package was taken from secure mailroom. Reporting person called back received an email that it is not his package. The package is his neighbor's; no need to file a report.

**LARCENY (20 iPads), 4:08 p.m., FedEx, 520 Commander Shea Blvd.** Stolen from the building. Reporting party would like to see an officer and file a report.

**ASSAULT AND BATTERY (male and females), 6:39 p.m., Edwin Street.** No weapons at this time. Two males fighting reporting; party states male is threatening to kill her father no known weapons.

**LARCENY (political sign), 8:33 p.m., Charles Street.** Caller said sign was stolen from front yard. Caller has video of theft. Caller located kids who stole the sign and returned it to him. The kids also apologized.

### SATURDAY, SEPT. 26

**ASSAULT AND BATTERY (head injury), 6:16 p.m., Essex Street.** 14 year olds - past fight about hour ago. No EMS.

**VANDALISM/PROPERTY (truck), 8:03 p.m., Cliveden Street.** Windshield is cracked parked in parking garage. Drivers side rear door handle also broken. Incident closed. Reporting party is going to check his dashcam footage to see if incident was caught on video and check with management to see if video is in the area. Rear trailer hitch cover missing.

### SUNDAY, SEPT. 27

**VANDALISM/PROPERTY (camera), 3:51 p.m., Federal Avenue.** Reporting party states someone damaged his outside camera to the house.

### MONDAY, SEPT. 28

**LARCENY (past), 10:36 a.m., Seven Eleven Store, 230 Washington St.** District manager calling regarding employee putting money onto gift cards and stealing cards. Employee is not on scene; manager is there now and requests to speak with an officer. Called back with suspect information.

**LARCENY (ex girlfriend took cell), 2:41 p.m., Water Street.** In the QPD lobby now. Female may have stolen an item from him as well. Reporting party wanted officer to call the party that may have taken phone. Reporting party refused any further assistance.

**LARCENY (construction equipment), 4:32 p.m., Ridgeway Street.** Speak with reporting party from construction company. He is looking to report stolen equipment.

### TUESDAY, SEPT. 29

**LARCENY (cell phone), 9:55 a.m., Liberty Street.** Strong language barrier. Civil issue.

**LARCENY (cell phone/past), 10 a.m., Hancock Street.** Reporting party in QPD lobby. Victim reports his iPhone XR stolen from his vehicle on Sept. 20 between 6 and 7 p.m. No suspect or further information at this time.

**VANDALISM/PROPERTY (past), 3:41 p.m., Arlington Street.** In the lobby.

**VANDALISM/PROPERTY (youth throwing rocks), 6:05 p.m., Clifton Street.** White male, green t-shirt was in the area throwing rocks at cars at the end of the street. Sgt. advised the 8-year-old, advised parties.

**LARCENY/MOTOR VEHICLE (scooter), 10:55 p.m., Brackett Street.** Taken sometime over this past weekend. See caller in QPD lobby.

### WEDNESDAY, SEPT. 30

**LARCENY (clothes), 9:08 a.m., Commander Shea Boulevard.** From laundry room. Needs to file report to look at video. Report to be filed on stolen laundry.

**VANDALISM/PROPERTY (to motor vehicle), 10:51**

**a.m., Bayview Avenue.** Reporting party has suspect info on video. Caller in police lobby.

**BREAKING AND ENTERING/ATTEMPT (past), 1:51 p.m., Marina Drive.** Will meet responding officer at garage door entrance. There is also surveillance footage of suspect.

**LARCENY (lawn sign), 7:32 p.m., Charles Street.** Caller is out on Manet Avenue; caller is out with kid who stole his sign. Officer will speak with mother. All parents advised. They will handle.

**BREAKING AND ENTERING/PAST (dwelling), 9:53 p.m., Bellevue Road.** Male open door and reporting party's nephew yelled and male took off. Male was wearing black hoodie over his hat wearing all black and blue jeans. Approximately 6 feet tall.

### THURSDAY, OCT. 1

**LARCENY (flag and pole), 11:06 a.m., Fort Square Presbyterian Church, 16 Pleasant St.** Report to be filed.

**BREAKING AND ENTERING/PAST (dwelling), 11:14 a.m., George Road.** Happened in May. See reporting party in police lobby.

**BREAKING AND ENTERING/PAST (dwelling), 4:07 p.m., Water Street.** Gone on arrival. States she heard something in the living room thought it was her son. She went out to the living room a.c. was out of the window on the ground. Saw someone running. White male, blonde hair, black shorts, black zip-up hoodie, skinny. Male headed towards gas station on Franklin Street.

**LARCENY (package), 7:25 p.m., Hancock Street.** In QPD lobby. Reporting party states his package was stolen and he would like to file a report. They do have camera footage at apartment building.

**Breaking & Entering in the Past: Water Street, George Road, Bellevue Road**

**Breaking & Entering Attempt: Marina Drive**

**Total Calls for Service: 1,131**

## AARP Massachusetts Monthly Fraud Watch Update

By CINDY CAMPBELL  
Communications Director  
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

- **An Educator:** Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

- **A Watchdog:** Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

- **A Resource:** Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

- **Free for Everyone:** Anyone, of any age, can access our resources at no cost.

### SCAM ALERT #1: CYBERSECURITY AWARENESS MONTH

When we think about protecting ourselves from cybercrime, we often stop at password protection and anti-virus software. But in today's day and age, being cyber safe extends beyond our computers and phones: Televisions, video games, doorbells, refrigerators and more can all be connected to the Internet. These are all ways that scammers can gain access to our personal data.

October is Cybersecurity Awareness Month and AARP is joining federal law enforcement and other partners to urge consumers to take cyber safety measures throughout their homes and businesses. Make sure all of your devices are secure and your private data are protected. You can find some

great tips on securing your devices at: [www.staysafeonline.org](http://www.staysafeonline.org)

### SCAM ALERT #2: UTILITY SCAMS

Some scams never go away regardless of the season. Utility scams are a perfect example. If it's hot or cold out, scammers will call, email and even knock at your door demanding immediate payment for overdue bills or they'll shut off your service. When it's storm season and the power goes out, these crooks show up offering to restore service for a payment.

Whatever the season, the goal of these crooks is the same - to create a sense of panic in their targets in hopes they will act hastily and pay up. If you get a surprise visit or call from the "utility company," ask questions like what your bill history is or what the individual's employee ID number is, and then follow up to confirm before taking any action.

### SCAM ALERT #3: REAL ESTATE RENTAL SCAMS - COVID

These days, because of COVID-19, lots of financial

Cont'd On Page 18

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# Fall Events Likely Cancelled, Winter Events In Doubt

Cont'd From Page 1

Koch has begun working on plans with George Nicholson and George Bouchard of the Veterans' Service Department for a low-key observance, similar to the one held on Memorial Day.

"Veterans Day, we're going to do something like we did on Memorial Day, but it certainly would be limited," the mayor said.

"I'm working with the two Georges now on kind

of a lean program and no parade. I don't know how you can respect social distancing and have a parade. I just don't know how you do that."

Also on the fall calendar is the annual Christmas Parade, which would have been scheduled for Nov. 29. It is unlikely to happen this year.

"We have a little bit more time on that, but not a whole lot of time," Koch said. "It's doubtful."

The city in recent years has also held a tree-lighting ceremony in Quincy Center the Friday before parade. Koch said the lights would likely be turned on that same night this year, without a formal program.

"My guess is some people will show up to see it, but if we're not having a formal program and people are wearing their mask and just want to walk through the mall, good luck to them," he said.

said.

While those events are unlikely to happen, Halloween might still be observed on Oct. 31, with guidelines in place to reduce the risk of spreading the virus.

The mayor plans to speak with Health Commissioner Ruth Jones about Halloween as soon as this week.

"It's a holiday celebrated by individuals at their homes. I'm not so sure government can say we're canceling Halloween. At the

same time, I think government can suggest use good judgment, be smart about it," Koch said.

"If you're an elderly person and don't want to have that interaction with the youngsters, just don't participate. Or some people leave the bowl out...they can do that."

"I think responsible minds, mature minds can figure this one out without cancelling it."

Masks should be worn, Koch said, and children who go trick or treating should do so with their siblings, not large groups.

The mayor said he would be giving out candy at his home.

"I usually do that every year and I give out the big bars, so kids like it," Koch said. "I will wear my mask, keep my distance and just drop it in the bag."

"I don't think there is harm in that."

## Why Residential Real Estate Is Becoming More Attractive In The Suburbs

This year has culminated in a number of factors that are reshaping the landscape of U.S. real estate. A housing shift is occurring in some cities as some people are trading urban areas for the suburbs or rural places.

As more people work from home in the current climate, the aspects of city living that are appealing to millennials and young professionals, such as theaters, bars, and restaurants, are either closed or restricted.

Real estate analysts say the outward-bound residential trend could continue as the pandemic persists. For anyone considering a move out of the city, there are some key factors to consider, says Jadon Newman, CEO of Noble Capital, a private lending and private equity firm.

"The demand to live in rural and suburban areas is increasing compared to urban demand, which marks a big change from where it's been," Newman says. "But the cost of city living was getting expensive before the pandemic, and now the exodus is being expedited."

People are rethinking whether they want to live in high-rise rentals with com-

mon spaces as amenities, as opposed to being in a single-family house of their own with space and a backyard, Newman says.

"Sellers in the suburbs and rural areas are realizing the surge in new demand, and it may increase if there's a second wave of the virus this fall," he says.

Newman says those considering a new home or a second home should keep in mind these trends in the current economic climate:

**Good values in suburbs.** Depending on geography, some areas took a hit early in the pandemic, the housing market is surging back and median home prices have risen recently, Newman agrees with analysts who say suburban housing could be a better investment for homebuyers than an ur-

ban dwelling, given the uncertainty around the coronavirus and its multiple effects on dense population centers. "Much of the value of homes outside of the central city is in the structure and the fact that there is room to build more of them," Newman says. "Home prices outside of densely populated urban areas tend to follow construction costs, so there shouldn't be much movement in those prices."

**Falling urban home prices.** As a result of more people leaving the city for the suburbs, economists say home prices in urban areas may fall as a result. "But it's too early to count out urban areas altogether," Newman says. "We've had other periods in history where cities survived societal and technological transformation.

Meanwhile, relative bargains may be had in some markets if one wants to consider a city condo or property to rent out."

**Low interest rates.** "Interest rates are the lowest in history," Newman says, "if you're looking to own a home it's a good time to buy. And it's also a good time to sell. For sellers, with demand especially high to move to the suburbs, limited supply, and low interest rates are creating an incentive to buy. Homes in many regions aren't staying on the market for long."

**Investing in small-town rental properties.**

Newman says because major cities have been disproportionately affected by the virus, smaller towns that have been far less impacted may be ideal for investing in a residential property that can be used as a vacation rental and additional source of income. "There could be a larger shift away from urbanization toward investment in remote locations," Newman says. "For buyers of second homes, those well removed from urban centers can be reasonably priced and make more sense as people prioritize safety and more space."

"Home ownership has

traditionally been a way for families to build equity which is more difficult now in densely-populated areas where home prices are high," Newman said. "This is one of the best times in our country's history to build wealth with your home in the suburbs where prices are often more affordable."

*Jadon Newman is the Founder & CEO of Noble Capital Group, LLC. With a 20-year career in real estate and finance, he specializes in private lending, private equity, investment real estate and strategic venture capital.*

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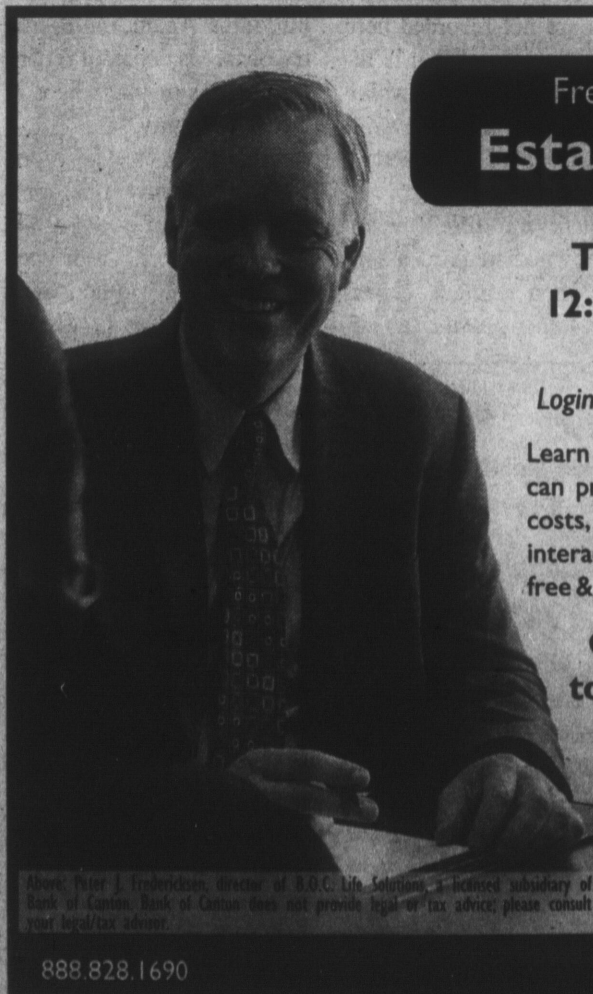
## DOVE understands reaching out is hard in Asian communities

Despite varying visibility and level of awareness, partner abuse exists in every society and community as a hidden epidemic. In the United States, domestic violence has been recognized as a public health crisis due to its prevalence and damage to not only individuals and families but for communities at large. Among Asian communities, research has shown concerning rates of partner abuse and noted that awareness awaits to be raised.

Culturally specific understanding is essential to support cultures and identities. Compared with other racial and ethnic groups, Asians are way less likely to seek help in general for various reasons, often with culturally influenced barriers. For example, in some Asian cultures, abuse is considered a strictly familial matter; therefore, reaching out for professional help brings shame to the family. For immigrants, one might be apprehensive about interacting with systems and want to keep it to themselves. Thinking of the common good and sacrificing the self often get in the way of taking that first step out. More importantly, culturally sensitive services are often not available, as the most significant barrier. As Quincy becomes a city with the second-largest population of Chinese families in the Greater Boston area, the diverse Quincy communities have a right to know that DOVE is available to them.

Please visit our website to learn more ways that you can get involved: [www.dovema.org](http://www.dovema.org)

24-Hour Hotline: 617.471.1234 or 1.888.314.DOVE (3683)  
Community Advocacy & Prevention Services 617.770.4065



Free Zoom Event:

## Estate Planning

**Tuesday, Oct. 13<sup>th</sup>**  
**12:00 p.m. - 1:00 p.m.**

Zoom Meeting  
Login info provided when you RSVP

Learn estate planning strategies that can protect you from nursing home costs, estate taxes and more. This interactive, online Zoom meeting is free & open to the public. RSVP today!

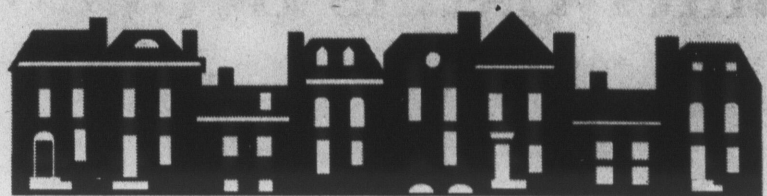
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# Real Estate

## Quincy Real Estate Transactions September 28 - October 2

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER	BUYER	AMOUNT	ADDRESS
Jaime L. Halliday	Thomas Lynch	\$345,000.00	77 Adams Street, Unit 405
Weihong Zhou	Qiu M. Zeng & Shi R. Zhang	\$408,000.00	185 Quincy Shore Drive, Unit A37
James & Diane Sommerer	Reggie & Nguyen P. Dorvilus	\$585,000.00	69 Broadway
Bernard F. Darcy	Joseph J. Anshewitz & Catherine L. Michelangelo	\$620,000.00	107-109 Roberts Street
Nilsen Nominee Trust	Xuezhi Zhang	\$460,000.00	2 Ricciutti Drive, Unit 6
Baker Court LLC	Bo Wong	\$679,900.00	178 Robertson Street, Unit 1
Matthew V. & Sarah S.			
Shanaman Living Trust	Michelle Younis	\$300,000.00	200 Falls Boulevard, Unit G-107
Neponset Point LLC	Xiaoyi Shi & Aofan Xu	\$749,000.00	57 Quincy Shore Drive, Unit 502
Mary P. Shields	Zhihong Huang	\$328,000.00	100 Cove Way, Unit 108
Eastern Nazarene College	Stefanie R. Russo	\$500,000.00	16 Sewall Street
Flaviano L. Dossantos	Tu N. Nguyen	\$620,000.00	118 Dysart Street
Arthur F. Reidy & Kathleen Curry	Michael F. Grindlay & Kellie Fuller	\$610,000.00	96 Albatross Road
Flamur & Alma Malushi	Timothy Dann & Robert Geddes	\$875,000.00	57-59 Vassall Street
William Sciarisic	Garabedian Living Trust	\$370,000.00	100 Cove Way, Unit 705
Alan Gentile	Elizabeth P. Albrecht	\$405,000.00	63 Allerton Street
Karl S. & Markita A. Francis	Sean E. McManus	\$509,000.00	183 Babcock Street
Estate of Ann M. Halloran	Ralph G. Koelsch	\$549,900.00	274 Wilson Avenue
Paul R. Lindell	Residence Real Estate Partners LLC	\$210,000.00	70 Sealund Road
Stephen H. Myers	Joseph F. DiRico	\$1,225,000.00	208 Marina Drive, Unit 18
Estate of Stephen E. Kelley,			
Lorraine Buckman	Patrick & Michelle Tsang	\$435,000.00	1001 Marina Drive, Unit 414E
Clancy Family Limited Partnership	Dung C. Le & Feng Q. Chen	\$327,500.00	1025 Hancock Street, Unit 4F
Linda B. Ruggere	Yali Liu & Troy S. Tan	\$610,000.00	147 Fenno Street
Valentina A. Heffernan	Chunyu Wang	\$710,000.00	21 Robertson Street
Flavin Realty LLC	So Liu	\$245,000.00	77 Adams Street, Unit 605
Jimmy Fang	Kenneth W. & Kana Augen	\$316,000.00	200 Falls Boulevard, Unit G212
Diane M. Dolympia	Le Y. Wang & Xiuqing Chen	\$753,000.00	98-100 Russell Street
143 & 151 Hancock LLC	Shubham Sahu & Samridhi Dubey	\$570,000.00	151 Hancock Street, Unit 5
Kimberly T. Cesario	Alexandr V. Dvornikov	\$325,000.00	500 Washington Street, Unit 806
Sean P. & Katerina Curry	Craig A. Schneider	\$545,000.00	10 Seaport Drive, Unit 2305
Steven M. Berenson	Richard B. McDonald	\$1,720,000.00	1001 Marina Drive, Unit 803E
Nancy F. Radden	Steven M. Berenson	\$1,075,000.00	229 Victory Road, Unit 12-6
Garren Su	Liubomire G. Iordanov & Tatiana S. Iordanova	\$558,000.00	106 Elm Street
David C. & Nadine J. Thompson	Abdulrahman Addas	\$530,000.00	100 Marina Drive, Unit 314
Pablo Timpson & Rose Zu	Sam & Joie H. Lee	\$515,000.00	118 Holmes Street, Unit 301W
John M. & Patricia A. Naughton	Neel S. & Chi T. Lakhani	\$685,000.00	24 Faxon Road
Estate of Christine S. Karavites	Bradley C. Pinta	\$465,000.00	95 Village Drive, Unit 9-3
Jeremiah V. & Anne Knowles	Jeremiah M. Knowles & Amanda Crosby	\$600,000.00	96 Utica Street
Nora M. Butler	Zichao Huang & Xiaowen Lei	\$324,900.00	230 Willard Street, Unit 809
Estate of Enid Lubarsky	Nicholas DiCarlo	\$358,000.00	34 South Street, Unit 105

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## Land - Not Plot - Plans At Registry Of Deeds

Register of Deeds William P. O'Donnell reminds homeowners that only a certain type of land plan is recorded here at the Norfolk County Registry of Deeds and it is not a plot plan.

"One of the questions

we hear frequently from homeowners at the Registry of Deeds is, 'Can I get a copy of my plot plan?' Plot plans are not recorded here at the Registry. What is recorded are land plans which simply provide the overall dimensions of a property," O'Donnell said.

There are times where homeowners require a plot plan when doing a capital improvement such as an ad-

dition to their home or installing a swimming pool. A plot plan, or site plan, contains retained and proposed buildings. Again, the Registry of Deeds does not record these types of plans here in Norfolk County.

Many times, a mortgage plot plan will be compiled as part of a real estate transaction or mortgage refinancing. Homeowners

Cont'd On Page 24

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# 150-Foot Tower For Police, Fire Radios OK'd

Cont'd From Page 1

Councillor Brian Palmucci dissenting. Residents were invited to comment on the proposal at Monday's meeting, which was held remotely via Zoom, but none did so.

The new tower will be located on Rockview Road, which is located near the city's new dog park off Quarry Street. It will replace the current radio equipment that sits atop one of the buildings at Quincy Medical Center.

The five simulcast stations will be located at Pagnano Towers in Quincy Point, North Quincy High School, the Ricciuti Drive water tower, the Houghs Neck fire station, and the Squantum fire station.

Police Chief Paul Keen-

an on Monday told councillors radio communications are "basically the lifeblood" for first responders. Keenan called the pending demolition of Quincy Medical Center an opportunity to upgrade the current system, which he said his officers have problems with on a daily basis, including garbled calls and dead spots throughout the city.

"That's just on a day-to-day basis," Keenan said. "It really troubles me sometimes when I think if we had a catastrophic event, what the communications system would look like. I think it would very early on become overwhelmed."

Fire Chief Joseph Jackson said the upgrades to the system are long overdue.

"It's time for an upgrade.

"It's been long overdue," he said. "This is a really good thing, it's a worthwhile thing to do and it has been sorely needed for quite a while."

Christopher Cassani, the director of the city's traffic, parking, alarm and lighting department, said the current communications system has coverage gaps in parts of West Quincy, the city's peninsulas and some spots in the bays within the city's jurisdiction.

The new 150-foot-tall tower, plus the five simulcast stations, will provide coverage to nearly the entire city, including all residential neighborhoods. The only areas without coverage would be within the Blue Hills Reservation.

"Every residential area

of the city is covered. All of our main maritime areas are covered. Most of the Blue Hills are covered - you have some gaps there which are uninhabited," Cassani said. "This is really a level of coverage that is really something we can stand by, we can rely on, that we can be happy with moving forward."

Cassani said the city needed to find a central, elevated location for the new tower, or a much taller one would have been required. In addition to meeting those two criteria, Cassani noted the site off Quarry Street is already owned by the city.

He said it would not be feasible to attach the communications equipment to an existing privately owned building because the city could be forced to move the equipment at a later date.

"We are living that reality right now," Cassani said. "No one could have imagined that the hospital would be in the situation we're in right now many, many years ago, so it made sense, but here we are now needing to relocate all this equipment."

Cassani said mounting

the equipment on an existing 700-foot tower in West Quincy was not preferable because that would mean other vendors would be coming in contact with the city's equipment. A nearby water tower was also ruled out as a location where the equipment could be mounted because it would need to be drained.

The tower will be prefabricated offsite and then erected in place, Cassani said. Some sitework will take place in the area of the new tower, but Cassani said it would be less intense than the work required to construct the new dog park.

FoxRock Properties, which is planning a residential development on the Quincy Medical Center site, will not be allowed to interfere with the current radio equipment until the new system is up and running, Cassani said.

Palmucci, who cast the opposing vote, said he understood the importance of upgrading the communications system but was concerned the project would create an eyesore for West Quincy residents.

"I certainly don't question the importance and the value of a system like this, but I just struggle with the deep concern about visual pollution we have in West Quincy," he said. "It feels like we get stuck with an awful lot of these type of eyesores."

Ward 1 Councillor David McCarthy said the new equipment would provide better coverage in neighborhoods he represents.

"I know, as the Ward 1 councillor, Houghs Neck has terrible reception period down there and I can't see us not upgrading to a better system in a place like that or Squantum or Germantown where you could go completely off the radar with the system we have in place now," McCarthy said.

Ward 6 Councillor William Harris said the new equipment would ensure the police and fire departments can keep residents safe.

"This obviously is good news for everybody in the city of Quincy," he said. "They protect us, but they can't protect us unless we have the right things in place."

## 400 More Units Seen For Hancock Lot

By SCOTT JACKSON

The company looking to further develop the Hancock Lot in Quincy Center could pay the city \$4.8 million to acquire two pieces of land on which it would build just under 400 new residential units.

Mayor Thomas Koch submitted to the City Council on Monday a proposed land disposition agreement with LBC Partners for two areas of the former parking area known in planning documents as parcels R2 and R3. The LDA was referred to the council's ordinance committee for consideration at a future meeting.

LBC plans to build a six-story building with 115 to

145 units on the R2 parcel, which is located on the corner of Revere Road and the Dennis Ryan Parkway, according to the LDA. On R3, located near the intersection of Revere Road and Mechanic Street, the developer is proposing a seven-story building with 210 to 250 residential units and 8,000 to 15,000 square feet of first floor commercial space.

The developer would pay the city \$3.5 million for the R2 parcel and \$1.33 million for the R3 parcel.

LBC is the same developer that constructed the 171-unit Nova Residences building at 1500 Hancock St. which is also partially located on the Hancock Lot.

The agreement between LBC and the city that paved the way for Nova Residences to be built allowed the developer to lease up to 150 parking spaces inside the nearby 712-car municipal garage that opened late last year.

The proposed LDA for R2 and R3 would allow LBC to use those 150 parking spaces to provide the required parking for Nova Residence and to augment the parking required under the city's zoning ordinance for the two new buildings.

LBC would pay the standard monthly parking fee, currently \$100, for each space it leases inside the garage.

### Downtown Construction Activities

Proposed work activities for the week of October 4th, 2020



- Work continues at 25 Temple St on Washington St for the new building foundations. The sidewalk along Temple St remains closed during construction with the continued pedestrian detour. Businesses in this area remain open during construction.
- Construction continues to the north and south foundation walls at the General's Bridge project. The contractor continues to backfill between the new foundation walls, as well as forming and pouring concrete for the walls. In the next couple of weeks, the contractor will install the new concrete decking that will span the MBTA tracks. This work will occur over the weekend.
- The contractor at the General Dunford Drive project will continue installing new drainage infrastructure and water main improvements. The section of sidewalk along Hancock St remains closed along the front face of the old buildings. The temporary pedestrian detour remains in place. Pedestrians should continue to cross the street at the crosswalk before the project area.
- The contractor will continue underground electrical and underground communication improvements for the General McConville Way project this week. The traffic entering Ross Way, should continue to travel north and exit through Cliveden St. Ross Way remains a one-way travel. A temporary turn around remains at the end of Ross Way adjacent to South Shore Health.

(The photo on the above left is a picture of a new electrical vault structure placed within the new McConville Way roadway for future underground electrical. The photo on the above right is a picture of the concrete pump truck placing concrete for a new knee wall at the exterior wall of the Community Dentist Building that abuts the new General Drive Roadway.)

<https://www.quincyma.gov/mvcity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4646 or email at: pmccarthy@woodwardclark.com

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### NOTICE OF PUBLIC HEARING

Notice of Public Hearing  
2020-139

The Quincy City Council will hold a Public Hearing, on Monday, October 19th, 2020 at 6:25 PM in accordance with Governor Charles D. Baker March 10, 2020 order suspending certain provisions of the Open Meeting Law, GL. C. 30A section 20. The Quincy City Council will be convening, via remote conferencing services that will air on Quincy Access Television (QATV) Channel QATV-9 Government Access in reference to a petition from National Grid for gas main location.

The National Grid hereby respectfully requests your consent to the locations of mains as hereinafter described for the transmission and distribution of gas in and under the following public streets, lanes, highways and places of the City of Quincy and of the pipes, valves, governors, manholes and other structures, fixtures and appurtenances designed or intended to protect or operate said mains and accomplish the objects of said Company; and the digging up and opening the ground to lay or place same:

To install and maintain approximately 175 feet of new 4-inch plastic main extending from the existing 6-inch cast iron main at 162-192 South St to service 3 buildings. The installation of approximately 70 feet of 2-inch plastic service extending from the proposed 4-inch plastic main extension to serve 1 building. The installation of approximately 40 feet of (2) 2-inch plastic services extending from the proposed 4-inch plastic main extension to serve 2 buildings.

Date: 09/22/2020

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, Ma. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Nicole L. Crispo  
Clerk of the Council



## Venture Crew 42 Selling Pumpkins Saturday, Sunday At Tower Automotive

On Saturday, Oct. 10 and Sunday, Oct. 11, Venture Crew 42 will be out selling pumpkins from 9 a.m. to 2 p.m. at Tower Automotive, 570 Adams St. in Quincy.

The public is invited to stop by and learn more about the Venture Crew program, meet some Venturers, and hear about their adventures. Prices will vary from \$5 to \$25 depending on the size of the pumpkin.

Venturing is an inclusive program through the Boy Scouts of America for young adults aged 14-21. Sales of pumpkins, flowers and wreaths throughout the year help fund programs like white water rafting, various backpacking trips, canoe trips, summer camp, and much more.

The Venturing program aims to enable young adults to: experience a program that is fun and full of chal-

lenge and adventure, become a skilled training and program resource for other youth groups, experience positive leadership from adult and youth leaders and be given opportunities to take on leadership roles, learn to make ethical choices throughout their lives by instilling the values of the Scout Oath and Law, and have a chance to learn and grow in a supportive, caring, and fun environment.

## Quincy Point Congregational Church

On Sunday, Oct. 11 there is both online and outdoor activities at Quincy Point Congregational Church.

Online Church School for all at 9:15 a.m. and on-line worship at 10:15 am on The Quincy Point Congregational Church YouTube page. The church needs 100 members to subscribe to unlock some YouTube opportunities, most importantly having worship back at 10 a.m.

The projected dates for October outdoor worship are Oct. 11, 18 and 25 (weather permitting). Outdoor worship is limited seating for 25 people on the Abbey Road,

side lawn of the church (corner of 444 Washington St. and Abbey Road).

Reserve your spot at <http://quincypointcongregational.eventbrite.com>. The Eventbrite reservation links are functional the Monday before worship.

October is Missions Month and QPCC is collecting personal care items for the unaccompanied youth of the McKinney -Vento program. For a list of items contact the church office at 617-773-6424 or email: [office@quincypointcong.org](mailto:office@quincypointcong.org) to receive the sign up genius link.

Praying Without Ceas-

ing: Spiritual Practices to Keep Us Grounded is a Zoom Adult Education Opportunity that will start, Wednesday, Oct. 21 from 7 to 8:30 p.m. Rev. Kimberly Murphy has joined with three friends and colleagues -- Rev. Liz Williams, pastor of Wollaston Congregation; Rev. Mary Perry, pastor of First Congregational Church of Stoughton; and Rev. Carol Steinbrecher, interim pastor at Lakeville UCC, to create a six-week Zoom program on Spiritual Practices to be shared with our four congregations. We will take turns leading the weekly classes and we hope it will be fun for our congregations to meet, and converse, and pray together.

This six-week program will offer study and practice in different forms of prayer. Some may be familiar, and some may be new. There is an optional companion book we will be referencing through the program. You do not need the book in order to participate; however, if you would like to purchase it, it is, "A Good Life: Benedict's Guide to Everyday Joy" by Robert Benson. Sign up through the Quincy Point Congregational Church Office at 617-773-6424 or email: [office@quincypointcong.org](mailto:office@quincypointcong.org) as we'll need to know where to send the Zoom meeting invitation.

## Bethany Congregational Church

Bethany Congregational Church, 18 Spear St., corner of Coddington Street, is conducting its regular Sunday service at 9:30 a.m. on Sunday mornings.

Rev. Patrick McCorkle will preach. Music will be provided by Paul Frazer as soloist.

Masks and social distancing will be required. There will be no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the online service will be available at a later date, either on the Church website or on YouTube. To get to the Church website, type in: [bethany-congchurch.org](http://bethany-congchurch.org) and scroll down to the very bottom

to find the link to the most recent service. This will give you not only the church service, but the bulletin and other information about what's going on at Bethany.

Or, you can go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to our website at [broadhorizonsbethany.com](http://broadhorizonsbethany.com) or call us at 617-471-0022.

## Kiet Nguyen In Lasell Works Program

More than 50 second-year students at Lasell University, including Kiet Nguyen of Quincy, are en-

rolled in the Lasell Works Program. Nguyen began the program's Sophomore Year Experience this fall.

### LEGAL NOTICES

#### CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-140  
ORDERED:

October 05, 2020

**BE IT ORDAINED** by the City Council, that the Quincy Municipal Code is hereby amended as follows:  
In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers  
Section 325.47 Stop Signs Locations

Install the following:  
Street  
Heron Road

Intersecting with  
Albatross Road

Type of Regulation  
Stop Sign

A TRUE COPY  
ATTEST: Nicole L. Crispo  
Clerk of Council

10/8/20

#### CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-141  
ORDERED:

October 05, 2020

**BE IT ORDAINED**, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:  
In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers  
Section 325.47 Stop Signs Locations

Install the following:  
Street  
Spring Street  
Eastbound

Intersecting with  
Rock Island Road

Type of Regulation  
Stop Sign

A TRUE COPY  
ATTEST: Nicole L. Crispo  
Clerk of Council

10/8/20

### LEGAL NOTICES

#### CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-142  
ORDERED:

October 05, 2020

**BE IT ORDAINED**, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:  
In Chapter 325. Vehicles and Traffic. Article V - Stopping Standing and Parking  
Section 325-73 Parking-Prohibited and Restricted Locations

Add the following:  
Street  
Narragansett Road

From  
Sea Street

To  
150' Northeast  
of Sea Street

Type of Regulation  
No Parking

A TRUE COPY  
ATTEST: Nicole L. Crispo  
Clerk of Council

10/8/20

#### CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-143  
ORDERED:

October 05, 2020

**BE IT ORDAINED**, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:  
In Chapter 325. Vehicles and Traffic. Article V - Stopping Standing and Parking  
Section 325-73 Parking-Prohibited and Restricted Locations

Add the following:  
Street  
Everett Street  
East Side

From  
Beale Street

To  
Granger Street

Type of Regulation  
No Parking

A TRUE COPY  
ATTEST: Nicole L. Crispo  
Clerk of Council

10/8/20

#### CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-144  
ORDERED:

October 05, 2020

**BE IT ORDAINED**, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:  
In Chapter 325. Vehicles and Traffic. Article V Stopping Standing and Parking  
Section 325-74 Parking Restrictions - Prohibited - Handicapped Spaces - Curb Access - Applicability

Add the following:  
Street  
Beach Street

At  
235

Type of Regulation  
Handicap Parking

A TRUE COPY  
ATTEST: Nicole L. Crispo  
Clerk of Council

10/8/20

### LEGAL NOTICE

#### CITY OF QUINCY IN COUNCIL

ORDER NO. 2020-145  
ORDERED:

October 05, 2020

**BE IT ORDAINED**, by the City Council of the City of Quincy, that the Quincy Municipal Code is hereby amended as follows:  
In Chapter 325. Vehicles and Traffic. Article III Signs, Signals and Markers  
Section 325.47 Stop Signs Locations

Install the following:

Street  
Commander Shea Boulevard

Intersecting with  
Seaport Drive

Type of Regulation  
All Way Stop Sign

A TRUE COPY  
ATTEST: Nicole L. Crispo  
Clerk of Council

10/8/20

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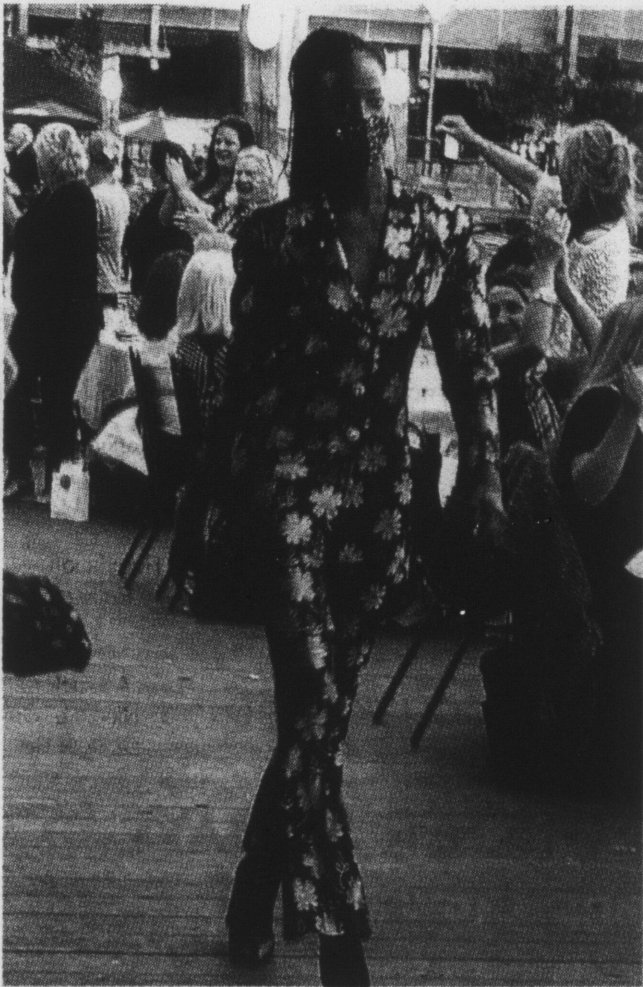
# Fashion Show Supports Local First Responders



SONIA GARUFF models a colorful dress during the recent Eat, Drink, Model fundraiser fashion show sponsored by the Denise Hajjar Boutique at Marina Bay to support local first responders.



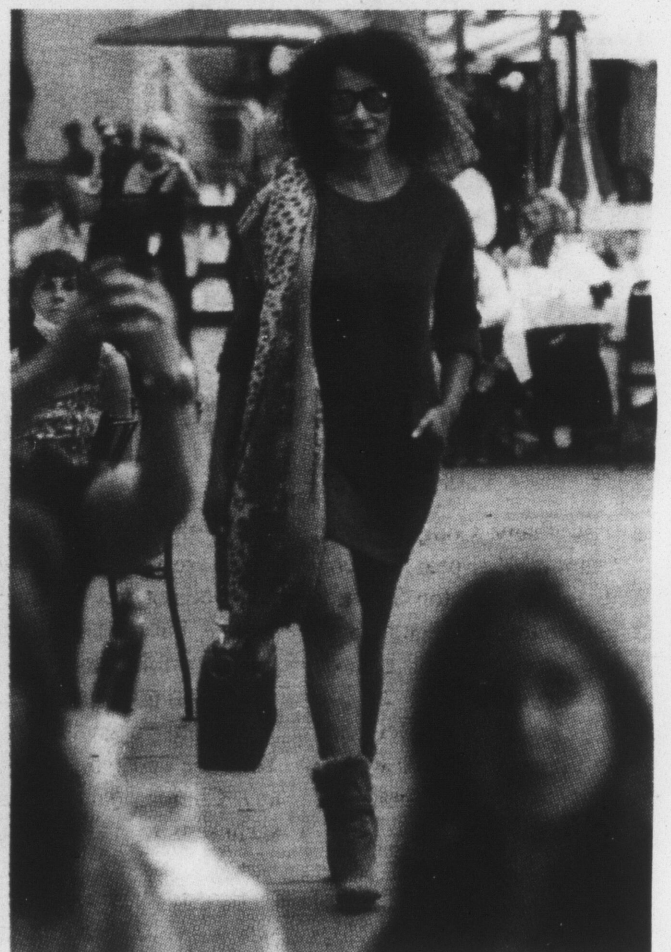
SARAH GROSSI models evening attire.



ARASIO JONES walks the fashion runway on the Marina Bay boardwalk during the Eat, Drink, Model fashion show to support local first responders sponsored by Denise Hajjar Boutique.



ELSA ROCHA models an evening outfit as she makes her way down the runway.



DEE RODRIQUEZ makes her way down the runway.

## QAA Fall Classes Begin Week Of Oct. 12

The Quincy Art Association announces the following fall classes will begin the week of Oct. 12.

• **WA-2 Clay Potter's Wheel** (In Person) Sue Hoy, instructor - This ceramic class will cover basic wheel techniques as well as slab, coil and hand building. Independent projects are welcomed. Open to all levels of students: All materials and firing are included.

Wednesdays 10/14  
9:30 a.m.-12:30 p.m. Six classes. members \$210; non-members \$240.

**Fundamentals of Painting with Acrylics & Oil** (In Person) Isabel Shamitz, Instructor - Come try out your own style of painting. This is an introduction to the properties, usage and limitations of acrylic and oil paints. The usage of

brushes, liquid mediums, painting surfaces and other tools will be discussed. Explore the ways to execute your personal style and approach within the 2-dimensional surface. See website for basic supply list. Click "Classes" tab, scroll to bottom.

Mondays 10/12 2  
-4 p.m. Four classes. members \$110, non-members \$135.

• **vWA-3 Ink Wash Painting** (Online) Tamara Mann, instructor - Also known as Chinese brush painting and Japanese Sumi-e, this painting method is simultaneously meditative, deliberate, fun, and fast. Learn the basics of brush stroke techniques and create paintings with contrast and balance. You will need to supply your own

Chinese brush painting supplies. Visit our website for supply list.

Thursdays 10/15  
6:30-8:30 p.m. Four classes. members \$110; non-members \$135.

**WA-1 Painting with Oils** (In Person) Morgan Davis, instructor - Class will focus on developing and cultivating student's observational skills. Through the oil painting medium students will focus on completing a painting by composing simple yet strong dynamic designs and describing light on form through value and color. Students will discover the potential of the oil painting medium and learn how to harness it to create life-like, three dimensional scenes on the two-dimensional surface.

Mondays 10/12  
6:30-8:30 p.m. Four classes; members \$110; non-members \$135

### Children's Classes

**WC-1 Art in the Morning** (Online) Yael Kolbech, instructor - This class is built to encourage each child to explore and experiment with many different types of painting and drawing and to help spawn creativity and build skills.

Students will be grouped according to age and skill. They will learn the basic elements of design and composition. Materials included. Call 617-770-2482 or email quincyartma@yahoo.com for details.

Register online at [www.quincyartma.org](http://www.quincyartma.org). Quincy Art Association, 26 High School Ave., Quincy, MA.



DEIRDRE ROSSI displays a cape that is a feature of her outfit.



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- Computer Repair Technician
- Help Desk Operator
- Computer Operator

**Computer Technology Support**

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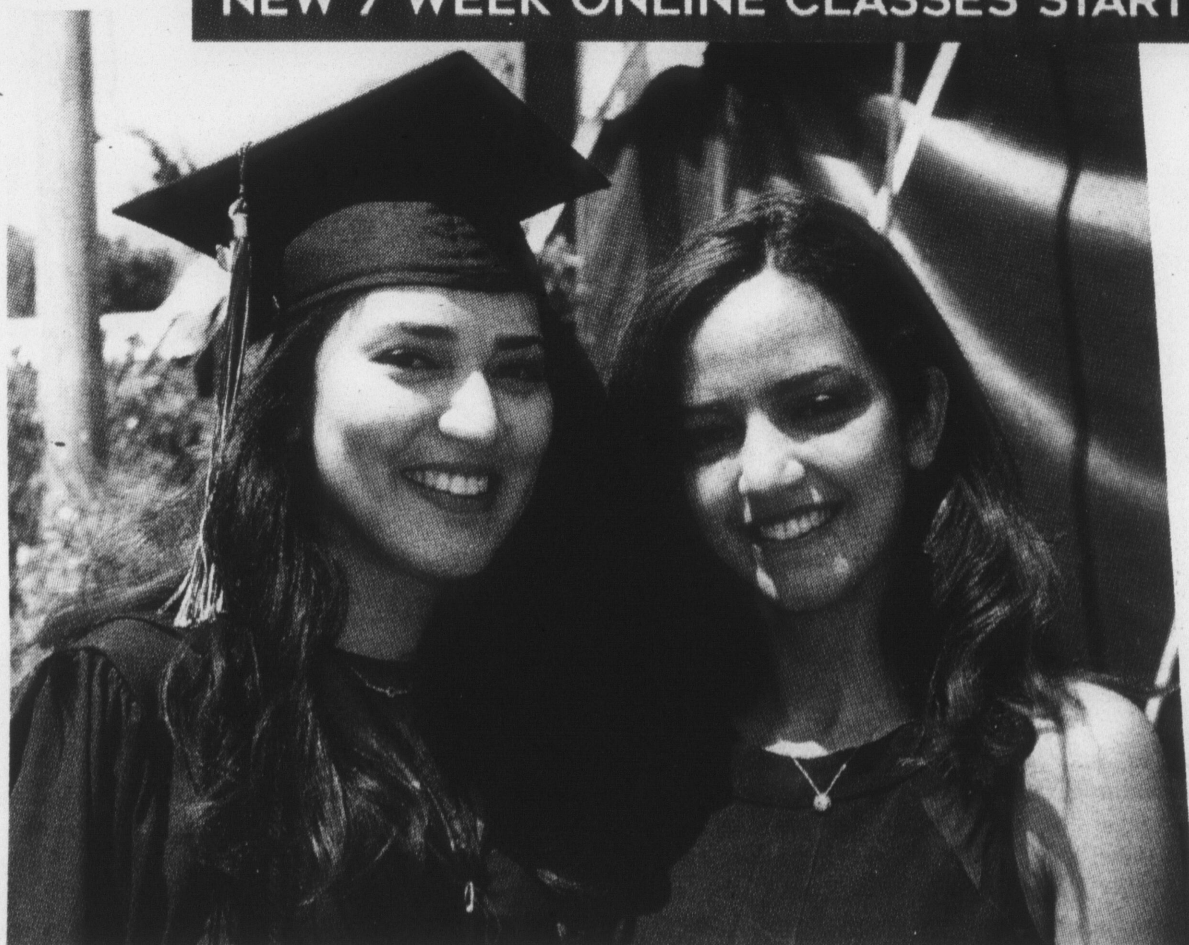
This course focuses on key information and skills for computer support technicians, including troubleshooting software and hardware problem solving, successful communication with users, determining a client's specific needs, and training end users. Topics include computer systems, help desk concepts and problem solving.

Computer technology support officers monitor and maintain the systems and networks of an organization, and diagnose and solve problems either over the phone or in-person.

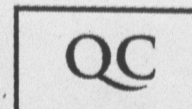
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OCT

8

2020





JESSICA McPHERSON harvests flowers at her Presidents Lane home.

Quincy Sun photos/Tom Gorman



JESSICA McPHERSON places freshly cut flowers in a solution to extend their longevity.

## Jessica McPherson's 'Flower Oasis' On Presidents Lane

By TOM GORMAN

Jessica McPherson hated gardening. Growing up in Idaho, she helped her dad with his giant vegetable garden and "despised" the constant work it required. Fast forward to 2016, Jessica and her husband moved to Presidents Lane after both serving in the Air Force and began "sticking things in the ground" and transforming her large yard where they married into what she now calls a "flower oasis" that she tends daily.

"I just absolutely love gardening," McPherson said of her urban garden. "It's a huge hobby and passion of mine."

She started out last year with about 300 seedlings from seed growing on a single table under a grow light that produces warmth in her basement during the winter and transplanted outside in the spring. Those 300 seedlings seem paltry by this summer's count.

"I set out to triple my production this year and ended up quadrupling it to 1,500 to 1,700 seedlings, growing on multiple racks with multiple grow lights," she said.

The expansion of her garden was underway. She began removing sections of grass to make way for the flower beds — large and small sections scattered throughout her expansive yard.

"I had to lift the sod up and transplanted it all over," she said. "I tried to reuse all of that."

She now has some 700 square feet of garden areas in her yard.

"Every garden area you see, I've expanded," she said. "I could probably expand some more, but I have to keep my husband in mind."

And her dogs, too. Gil-

bert and Oscar are constantly at her side as she works in the garden. She says they enjoy the run of the yard but "don't love my flower obsession."

McPherson, a dentist at Weymouth Dental Associates, explained that her garden is small "in the flower farming realm."

"It's a super lot for an urban environment," she said. "I consider myself an urban flower farmer, a micro farmer."

The garden may be small, but it is a big producer. There are roughly 20 grown-from-seed varieties including perennials, hydrangeas, and her favorite, peonies.

"It just keeps churning out the blooms," said McPherson. "It's a super producer. I'm so proud of it."

Initially, she brought her flowers to the dental office and just gave them away.

"I knew if I wanted to sell the flowers I would have to expand," she said.

McPherson sets up a small flower stand in front of her home next to the entrance of the Quincy Tennis Club. She offers arrangements, bouquets and freshly cut flowers from her garden.

"People are starting to travel to me from Braintree and Dorchester," she said. "It's all word of mouth. It's definitely expanded."

Her garden this year has produced so many flowers, it has gone beyond what she can sell at her stand.

"I didn't know what to do with them all," McPherson said. "It was heartbreaking to not send them to a good home."

A friend at her office, a hygienist, posted a picture of McPherson's flowers that caught the attention of

Cont'd On Page 32



JESSICA McPHERSON poses with freshly cut flowers with her dogs, Oscar and Gilbert.



"I JUST ABSOLUTELY love gardening," McPherson said of her urban garden. "It's a huge hobby and passion of mine." This photo shows some of 700 square feet of garden areas in her yard.



# North Quincy Boys Soccer 'Will Compete And Learn'

By LIAM GAMBON

For Charlie Kilmain, day one on the job was about growing pains.

The Braintree native and current resident coached in the town since 1995 and then took a trip over to Quincy High School where he coached the freshman girls soccer team for a year before becoming the junior varsity coach for four more.

Then this year, Kilmain traded sides and became the new North Quincy boys soccer coach.

"I wanted to run my own program and that was the drive that had me apply for the boys team at North," Kilmain said. "The Athletic Director JJ (Niamkey) and Principal (Rob) Shaw obviously saw something they liked in me about developing a program and they gave me the opportunity to start."

Kilmain arrived with his new team on last Friday to Creedon Field after a summer away from the pitch

to take on Pembroke. Not only was it the first time in months that the boys had kicked a soccer ball around in a live game, it also marked the first time in four years that North Quincy was playing without a loaded cast on the field.

Eleven seniors graduated last year, including the starting keeper Sam Du Nguyen and nine defenders and midfielders. With only one of the graduates being a striker, the Raiders took a defensive blow which was evident on Friday night.

The team with a new coach and an almost entirely new lineup, took a 6-0 loss. But there were some positive takeaways from the defeat.

"We wanna fix our mistakes and get to know each other more because we haven't met since quarantine," senior captain and striker/midfielder Abdel Mahmoud said. "We wanna build together as a family."

"It was a good way to see where we are as a team so now we know what we need to work on and can improve over the season," sophomore goalkeeper Jack Cavicchi said.

Due to the COVID-19 pandemic, getting the team together and developing chemistry was difficult. Despite the North Quincy captains holding beach soccer games over the summer, roughly 40% of the team participated. But when it came to conditioning that started in the second week of August, around 85% took the home field to sprint and stretch it out.

This team had only a bit over a month to develop together and even less with their new head coach as the school had not officially opened until this month.

"We have good foundations and we need to correct the details and execute as a unit instead of as small groups," Kilmain said. "The

team has heart and a willingness to compete and learn."

Before the opening game of the season began at 4 p.m. the gate was open and fans were slowly pouring into the max capacity of 30, but the Raiders drew more than enough attention as others remained on the outside watching through the fences.

After the warmups concluded for each team, the sky ripped open as rain poured heavy on the players' heads. The match continued as planned despite the mess in the clouds, and in the first ten seconds of regulation, Pembroke broke free for a clear shot at the net with no defender in front and ripped a shot at Cavicchi. With a desperate lunge of the left leg, Cavicchi turned the easy goal away. Fifty seconds later, he once again faced a fast break, and again, made a great lunging stop.

But just like with the

sky, the floodgates opened on the field and Pembroke went up 3-0 in the first five minutes. Before the end of the first period, the score reached 5-0 as the Titans potted a goal with just thirty seconds left. The Raiders showed flashes of what they can do in those closing moments as they turned the ball up the field and within twenty seconds, Mahmoud and company nearly scored a goal on a 3-on-2 break that ended with time expiring in the first period.

After allowing one more goal a period later, North Quincy shut the door on Pembroke's offense and rarely allowed them into their defensive zone in the second half.

"They got together and the conversations on the sidelines were initiated by the captains," Kilmain said. "Ten minutes at halftime gave them the time to reflect on the game and how they were gonna attack it."

Nothing got going offensively however as the Raiders could not find the space to make a play. They did overcome their defensive woes in the second half, so the other side of the field could follow in the future.

With a mostly freshman team, the North Quincy Raiders have a lot of room to grow and will look to use the experience from an opening game loss to fuel the rest of the season.

## AARP Monthly Fraud Watch Update

Cont'd From Page 10

transactions that used to take place in person now happen virtually. This creates an opportunity for scammers to pose as legitimate operators and steal people's money. One place this is happening more often is in real estate – specifically fake home rentals.

Scammers take pictures from legitimate home rental offers and create their own fake rental listings. The rentals are often offered for well below market price and the crooks use the coronavirus as a reason why a tour and in-person meeting aren't possible. Only after the victim sends their deposit and shows up at someone else's home, do they find out it is a scam.

Be suspicious of any rental where you can't physically visit the space and make sure you're using secure and trusted websites when looking for a home rental.

### SCAM ALERT #4: WORK AT HOME SCAMS THAT COST YOU

Criminals are looking to take advantage of people who may have lost income during the pandemic. They post legitimate sounding work at home opportunities on trusted job boards. The offer is typically for some basic accounting work. Once the target is "hired," the "boss" sends money to their banking account. The boss explains that, once the check clears, the new hire needs to send that money using Venmo or CashApp to pay vendors. The new hire does as directed, and learns some days or weeks later that the check the "boss" sent was fake. The money sent to "vendors" was the target's own money, and the "boss" disappears.

Look at all online employment opportunities with a healthy dose of skepticism. Find out all you can about the "employer." If it doesn't add up, move on to real opportunities.

**Be a fraud fighter! If you can spot a scam, you can stop a scam.**

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork).

### REQUEST FOR PROPOSAL

#### PUBLIC NOTICE:

The City of Quincy proposes to build a 150-foot Self-Supported Steel Lattice Communications Tower to serve as the principal broadcast location for the city's public safety communications system. The Site location is at the southerly end of Rockview Road, Quincy, Norfolk County, MA, 02169, shown in City Assessor's records as Map 1192B, Lot 73-3, Latitude 42 degrees 14 minutes 50.7 seconds North, Longitude 71 degrees 0 minutes 47.6 seconds West.

The Federal Communications Commission (FCC) designation is FRN 0029449576.

Interested persons may review the project documentation by visiting the city's website at [www.quincyma.gov](http://www.quincyma.gov).

**HISTORIC PROPERTIES EFFECTS** – Public comments regarding potential effects on historic properties may be submitted within 30 days from the date of this publication to: City of Quincy Department of Traffic Signals, Parking Alarms and Lighting, Christopher Cassani, Director, [ccassani@quincyma.gov](mailto:ccassani@quincyma.gov), 55 Sea Street, Quincy, MA 02169, (617) 376-1936. 10/8/20

### INVITATION TO BID

### INVITATION TO BID

#### INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS  
PURCHASING DEPARTMENT  
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

### SEWER, WATER DRAIN EMERGENCY REPAIR SERVICES OCTOBER 22, 2020 @ 11:45 A.M. OPERATION & MAINTENANCE (O & M) FOR PUMP STATIONS

Detailed specifications are available on-line at the City of Quincy's website, [www.quincyma.gov](http://www.quincyma.gov) and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

All questions regarding this bid should be directed to Kathryn R. Hobin, Purchasing Agent through fax: 617-376-1074 and email: [purchasing@quincyma.gov](mailto:purchasing@quincyma.gov) Questions will be accepted until October 16, 2020 at 12:00 p.m.

Bids must state exceptions, if any, the delivery date and any allowable discounts. Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, MAYOR  
Kathryn R. Hobin, PURCHASING AGENT

10/8/20

### REQUEST FOR PROPOSAL

### REQUEST FOR PROPOSAL

#### REQUEST FOR PROPOSAL

CITY OF QUINCY, MASSACHUSETTS  
PURCHASING DEPARTMENT  
1305 HANCOCK STREET  
QUINCY, MA 02169

Invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

### TRAFFIC & PARKING PARKING VIOLATION PROCESSING SERVICES OCTOBER 22, 2020 @ 11:15 A.M.

The City of Quincy, Massachusetts ("the City") in accordance with M.G.L. Chapter 30B requests proposals from qualified persons or firms to enter into a contract to perform parking violation processing services for the City of Quincy. The City issues on average 20,000 parking citations annually and expects to maintain this volume in the coming years.

Detailed specifications are available on-line at the City of Quincy's website, [www.quincyma.gov](http://www.quincyma.gov) and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

Technical Bid/Proposals must be in a sealed envelope and price proposals must be in a separate sealed envelope. The outside of the sealed envelopes are to be clearly marked "RFP - TECHNICAL PROPOSAL ENCLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP.

Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be opened and registered. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The City reserves the right to reject any or all RFPs or to accept any part of an RFP or the one deemed best for the City, and waive any informalities in the bidding, if it is in the best interest of the City to do so.

Thomas P. Koch, Mayor  
Kathryn R. Hobin, PURCHASING AGENT

10/8/20



# QHS Boys Soccer Bows To Hanover

By TOM JOYCE

The Quincy High boys' soccer team competed for 80 minutes in their opener last week.

The Presidents hosted Hanover in their opener at Veterans' Memorial Stadium last Friday afternoon. Both teams had their share of highlights but ultimately, Hanover surged in the final quarter and won the game 4-2.

"We battled," Presidents first-year head coach Dan Mongo said. "We started off hot, we had high energy from the jump. We made some mental errors, but the effort was consistent. We put ourselves in a position to get the points. We just came up a bit short. I think the foundation is there to really put in some good work this year."

"Amazing performances all-around. We had a lot of heart out there. Our keeper Jake Ferrullo stood on his head. We had some real courageous performances by our midfielders and defenders. Tom O'Neil had an outstanding game back there. I think there's a lot there for us to build on after this game."

The Presidents struck first, about 70 seconds into the contest. Antoine Johnson capitalized on an undefended Hanover net. With the Hanover goalkeeper distracted on the right side outside of the net, he rolled one into the left side of the net, giving his team an early lead.

Hanover would end up tying the game and taking the lead as the first half progressed.

With 2:20 remaining in the first quarter, Hanover made it a 1-1 game. A Hanover forward got in front of the net without any defenders in front of him. He booted the ball to the left side past goalkeeper Jacob Ferrullo for the score. This came after Hanover had a couple of missed opportunities in the first quarter.

First, they had a scoring opportunity on a corner kick about four minutes into the match. That ended up being unsuccessful. And about 10 minutes later, Hanover had a shot clink off the top post. Then Thomas O'Neil kicked the ball away, stabilizing the threat.

It didn't take Hanover long to take the lead once the second quarter began. About 30 seconds into it, a Hanover forward got past the defense and rocketed a shot into the left side of the net, giving the team a 2-1 lead over the Presidents. That was also the score headed into halftime. With about 10 minutes left in the second quarter, Hanover had another strong scoring op-



WITH HANOVER GOALIE (left) out of position, Quincy's Antoine Johnson capitalizes on an empty net scoring the Presidents' first goal in a 4-2 loss last Friday at Veterans' Memorial Stadium.

Quincy Sun Photos/Robert Bosworth



QUINCY GOALIE Jacob Ferrullo eyes a loose ball again Hanover. Ferrullo had a strong game making several impressive saves for the Presidents.

portunity on a penalty kick. However, Ferrullo made the save, preventing Hanover from doubling their lead.

Although Hanover went into the second half with the lead, they would not hold it for long. The Presidents tied the game back up at two apiece. Campbell Tierney broke free and put one in the back of the net with 10:50 remaining in the quarter.

Quincy protected the lead for the quarter despite a couple of strong scoring opportunities for Hanover. With about three minutes left in the quarter, Ferrullo made a save on a free-kick. About a minute later, he made a jumping stop which then deflected off the top of the post. It was one of four stops he made in the final 3:30 of the third quarter.

Hanover regained the advantage 3-2 with 16:36 left in the fourth quarter. Hanover kicked the ball from near the left corner to out in front of the net, where an unguarded forward then kicked the ball into the back of the net.

Ultimately, the Presidents were not able to come back from that, and Hanover added an insurance goal about midway through the fourth quarter.

Due to the coronavirus pandemic, the rules for high school soccer are a bit different this year than in years

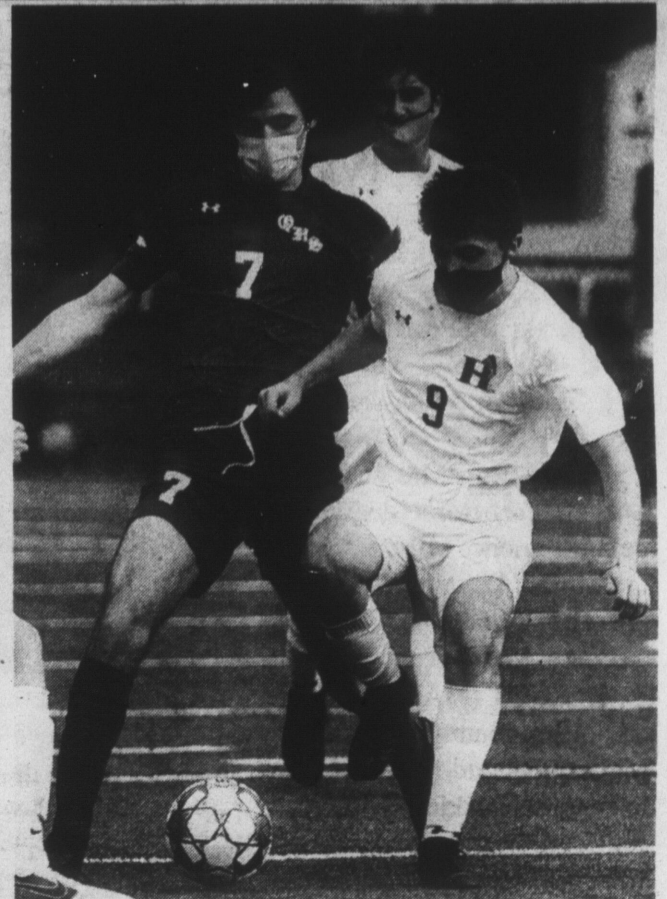
past. Rule differences include: four 20-minute quarters instead of two 40-minute halves; no intentional body contact; no headers; and no slide tackling, to name a few changes. Players wear masks on the field, and there is a two-minute break between the first and second quarter and the third and fourth quarter. Halftime is 10 minutes long.

"It's been a learning curve," Mongo said. "We're just trying to be disciplined. We're trying to keep our heads in the game so that if something happens that might not happen during a usual season, we just try to

keep rolling with the punches."

"Both teams are playing by the same rules, so we're worried about doing our job and taking care of business," he added.

The roster for the Presidents this season includes: senior captain Jacob Ferrullo, sophomore Thomas O'Neil, junior Nandan Nair, junior Joseph Connor, junior Gabriel O'Brien, senior Ciro Moura, senior Campbell Tierney, senior Devin Desmond, junior Zachary Donaghue, junior Nicholas Ferrara, senior Parishkrit Lamichhane, senior Collin Driscoll, junior Daniel Pak-



QUINCY'S OTHER GOAL was scored by Campbell Tierney (No. 7) shown here battling a Hanover opponent for possession in last Friday's season opener.



COVID-19 PANDEMIC has caused several soccer rules to be modified including no headers. Here Quincy's Collin Driscoll uses his chest to control a goalie kick for the Presidents. There are also no throw-ins, corner kicks must be kept on the ground and all players, coaches and referees must wear face coverings.

kala, sophomore Alex Car-

mona-Montufar, freshman Antoine Johnson, freshman Declan Rogers, junior John Fehan, junior John Alessandro, junior Sai Kuchulakanti, junior Kellen Kopp, and

junior Coleman Ross.

In girls games, Quincy bowed to Hanover 1-0 on the road last Friday.

North Quincy dropped a 4-0 decision at Pembroke.

## Quincy-North Quincy Cross Country Highlights

QNQ @ Scituate  
Girls 10/1/2020  
Boys 10/2/2020

Scores: Girls won 27-28 (low score wins)  
Boys won 24-31

### Girls meet

40 finishers

Distance 2.46 miles

Race won by Stella Spaulding - Scituate HS 16:20

QNQ Finishers

3. Lezly Acevedo 18:29

4. Victoria Mariano 18:40

5. Maeve White 18:41

7. Aluna Coogan-Coyne 18:54

8. Kyla Ho 18:57

12. Jennie Burgess 19:26

14. Eileen Durgin 19:38

16. Grace Cody 20:30

17. Sabrina Egan 21:16

20. Leili Mahrouk 21:57

22. Viktoria Miller 22:30

26. Juliana DiBlasi 23:46

QNQ is 1-0 in the Fisher Division of the Patriot League.

### Boys Meet

50 finishers

Race won by Keilan Doyle - Scituate HS 14:12

QNQ Finishers

2. Matt Francouer 14:14

3. Vinh Tran 14:16

4. Jack Nelson 14:45

5. Jonathan Bina 15:02

10. Kyle Clements 16:00

11. Nathan Doyle 16:01

14. Will Cook 16:24

15. Zach Clements 16:28

21. Trevor Mangino 17:08

27. Dante Nguyen 18:56

29. Patrick Lee 19:36

30. Nick Bina-Rodriguez 19:46

QNQ is 1-0 in the Fisher Division of the Patriot League.



# ★ ★ Candidate Profile - 2020 Election - Norfolk County Sheriff ★ ★

## Jerry McDermott: Republican Candidate, County Sheriff

**Jerry P. McDermott**

Age: 53

Address: 94 Pond St., Westwood

**Education:** Catholic Memorial High School (1986); University of Massachusetts Boston, bachelor's degree in political science (1992).

**Family:** Daughters Ashling (18) and Rory (16).

**Party:** Republican.

**By SCOTT JACKSON**

Norfolk County Sheriff Jerry McDermott said he would like to continue working on reforms for female offenders and his work with young people in the county if elected to a two-year term in November.

Gov. Charlie Baker appointed McDermott, a Westwood Republican, sheriff in December 2018 following the resignation of Michael Bellotti earlier that year. McDermott will face Quincy Democrat Patrick McDermott in the Nov. 3 election. The two McDermotts are not related.

The winner will serve for two years and be eligible to run for a full six-year term in 2022.

Jerry McDermott, who turned 53 on Sept. 22, was formerly the chief of staff at the state Division of Capital Asset Management and Maintenance. He served on the Boston City Council from 2002 to 2008.

When asked about what he would like to accomplish over the next two years if elected, McDermott said he would like to continue with reforms he began for female offenders, such as housing them at the county facility in Dedham rather than a state prison in Framingham.

"One of the first things I would like to continue working on is the reforms we've put in place around female offenders," he said. "Justice-involved females are a particular group that need to have more robust rehabilitation programs."

"When I became sheriff, most of the county sheriffs sent female offenders up to MCI Framingham into state DOC



JERRY P. McDERMOTT

custody. I didn't think that was fair or equitable treatment, so I was one of the first sheriffs to say we're going to bring them out of DOC custody, brought them over to South Bay with [Suffolk County] Sheriff Steve Tompkins while we retrofit at what we call our prerelease center up in Dedham."

"What I want to do in my next two years is make sure we continue that progress with women's programming," McDermott continued. "We're pretty close now to remodeling some of the cells so it feels more like a dormitory room rather than a prison cell; it's less institutional."

"The reason we're doing that is because we know that the large majority of women that are in custody are moms and the head of household. They are going to get out; 99 percent sure they are going to get their children back. So, what we're trying to do is build that bond, so we work with a caseworker and DCF. We are about to embark, and this is happening in September or October, we're going to embark on having mom and child sleepover visits so that they can begin that family reunification process. I want to continue on that."

McDermott said he would also like to continue his work with youth, in particular the task force he formed on juvenile mental health and substance-use disorders.

"We have representatives from all 28 towns in Norfolk County and we're coming up

with the best way to address the needs. What we're finding is glaring. Some school districts that have more resources have everything. They have school counselors, social workers. Every kid who wants to get a counselor can see one right away. Then other school districts that don't have those resources are struggling. Sometimes a teacher could be pulled from the role of an academic teacher into the role of counselor and they don't have a social worker," McDermott said.

"It's so important. The task force on juvenile mental health and substance-use disorders was created because we saw how quickly our young people can get truant, be suspended from school, get involved with the courts and be on a path towards prison. We've got to break that cycle."

McDermott said he also wants to continue streamlining his department's budget. He said he has taken steps, such as not backfilling positions and extending the life of vehicles, to save money and will keep looking for other ways to do so.

"I think the budget is probably the third biggest priority because in order to continue to function as we're used to on the staffing levels with corrections officers not facing layoffs, we're going to have to take on more U.S. Marshal detainees so that the number of inmates in the facility towards staffing isn't so out of whack," McDermott said.

"We're also going to streamline civil process...The civil service office located in Quincy loses close to \$600,000 every year. That's no way to run a business. We think we can continue to have a presence in Quincy, close to the district court, on a bus line, but we think we can significantly reduce the square footage and just have two or three employees there doing the customer service and helping, when people come to the counter, to serve process."

McDermott said he would like to continue to diversify his department and has tasked one of his deputy superintendents as a chief diversity officer.

"I said reach out to others, whether they are officers and administrative people, and meet and come to me with recommendations. I also tasked him with get out to Roxbury Community College, get out to Curry College, get out to Massachusetts. I want to see us at every job fair possible. Whether it is us putting on a new class of officers or any job openings in HR, cast a wide net," McDermott said.

"It doesn't guarantee that we're going to get the diversity we're looking for but at least we're casting a wide enough net that we're increasing our chances."

McDermott has been endorsed by the county's police chiefs. He said he has worked to build their trust since taking office.

"Right from the time I was appointed I attended immediately the Norfolk County chiefs of police monthly meetings, built a relationship of trust with them. One of their biggest needs is that when they have safe keeps, they can send them up to us," McDermott said.

"Every city or town, whether it is Quincy or a small town like Bellingham, want their uniformed police officers out on the street. They don't want to be paying them to sit and watch people in a cell. If they have a high number of arrests over a long weekend, they are taking officers off the street watching these people that have been arrested rather than continuing to do the public safety function."

"It is also a significant cost savings, so every board of selectmen and every mayor likes the idea of the chiefs of police saying let the folks that are experts with care and custody control take that arrested person pre-sentence and put them up in Dedham. That relation-

ship was key."

McDermott said he also volunteered to sanitize police buildings and vehicles once COVID-19 struck.

"We were way out front with our...sanitizing effort. We went out and did all their holding cells, their fleet of cruisers, their lobby at no cost for them," McDermott said.

"We did for a couple reasons. One, it was a good partnership. We're really a county resource - that's the way I view it. Also, that person who is arrested is coming to us anyway...so it just made good sense to make sure we're sanitizing all of those police departments. We did it for the district courts and we even did it for the district attorney."

McDermott added that he was vocal in his opposition to legislation on Beacon Hill that could alter qualified immunity, which protects public employees, like police officers, from lawsuits in certain circumstances.

"When their rank and file officers were under attack and there was a call to defund the police and there was some legislation up on Beacon Hill trying to take away qualified immunity, I spoke up about it. I said I don't think this is right. I think this is being rushed. I wrote an editorial that ended up in The Boston Herald," McDermott said. "People took note."

The unions representing employees of the sheriff's office have endorsed McDermott's opponent, Patrick McDermott. The sheriff said he does not take those endorsements personally.

"I don't take it personally. Many of them have come up to me and said we really like you. We didn't want to like you, but we can't go back on our words because already pledged our support to Pat. I said, no hard feelings. What we do inside here is professionalism. What you do outside here is totally your call," McDermott said.

"I don't look on it as a reflection on anything that I had or haven't done, because I have been good to the officers."

## Jerry McDermott: 'I've Balanced NSCO Budget'

### Responds To Patrick's McDermott's Pledge For Budget Review

Election season is a time where candidates frequently speak hypothetically about their plans. Recently, my opponent did so when he mentioned plans to conduct a budget review for the Norfolk County Sheriff's Office. I think it is important for the voters to know the fact that I have just balanced the NSCO budget for the first time in a decade.

A budget review was one of my

first priorities when I took office. The review that was done resulted in an 11% reduction in the spending plan for fiscal year 2020. This was accomplished by reducing the number of administrative positions and salaries, a reduction of professional services contracts, and deferring non-essential purchases. We also saved \$150,000 in utilities through an energy management project that includes solar panels,

water conservation, and energy efficient lighting.

My plans for the next fiscal year include further re-deployment and consolidation of administrative responsibilities, leaving non-critical positions vacant and streamlining operating costs in various divisions. Additional savings will continue to be realized by the continuation of efficient management of the \$700,000 in grants

that the NSCO already has for victim services, education services, and medication assisted treatment.

The fact that I have balanced the NSCO's budget and identified other achievable efficiencies represents my proven interest and ability to ensure that we have the most efficient and effective Sheriff's Office in Massachusetts.

Jerry P. McDermott  
Sheriff of Norfolk County



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# ★ ★ Candidate Profile - 2020 Election - Norfolk County Sheriff ★ ★

## Patrick McDermott: Democratic Candidate, County Sheriff

**Patrick W. McDermott**

Age: 50

Address: 55 Dixwell Ave., Quincy

**Education:** Boston College High School (1987); Boston College, bachelor's degree in political science and speech communications (1991); Suffolk University, juris doctor (2001).

**Family:** Wife Tracy Wilson, daughter Alana (18 in October) and son Adam (16).

**Party:** Democratic

By SCOTT JACKSON

Patrick McDermott — the Norfolk County register of probate who is running for sheriff in next month's election — said he would aim to reduce recidivism and expand youth programs if he wins the seat.

McDermott, a Quincy Democrat, defeated two other candidates, former Quincy mayor William Phelan and retired state trooper James Coughlin of Dedham, in the Sept. 1 primary. He will now face incumbent Jerry McDermott in the Nov. 3 election. The two McDermotts are not related.

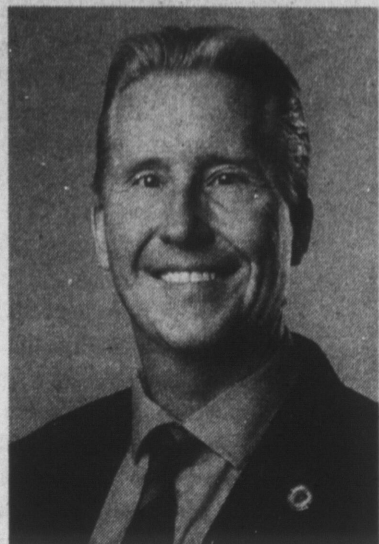
The winner will serve for two years and be eligible to run for a full six-year term in 2022.

Patrick McDermott, who will turn 51 in December, has served as the county's register of probate since 2003 and is forgoing a re-election bid to run for sheriff. He served on the Quincy City Council from 1996 to 2002.

McDermott, in a recent interview, said he would like to reduce recidivism if elected. To start, he would like to determine how many of the county's inmates do recidivate.

"The big overarching issue is always going to be reduction of recidivism," McDermott said.

"We need to realize what



PATRICK W. McDERMOTT

causes them to recidivate and go back to the revolving door. Is it drugs? Is it the fact that there is not enough reentry programs available? Is there no economic security for them when they leave the jail — meaning do they have a job, do they have the skills to get a job, do they have the education needed?

"I would argue that they don't on all of those and, predominantly, many of them leave without housing. If you do not have housing, you don't have a job, you don't have the skills or the education to get the job, guess what you're going to do? You're going to go back to your old business whether it is selling drugs, doing drugs, living day to day on the streets, and that leads to crime."

The sheriff's office, McDermott continued, should invest more into social workers and others who can stop inmates from re-offending.

"I don't think we've done a good enough job to fix that issue. The passion I'm going to bring to the office is getting that recidivism rate down and taking a holistic approach to the idea of reducing the recidivism rate, but largely based on a metrics-based environment where I will focus on the individual," he said.

"I think we need to have more investment in case workers, social workers, clinicians, psychologists within the jail, but then it is the post-incarceration process that I think is most important — that re-entry component."

"I think that the sheriff's office has an obligation to the 28 towns that I represent that we follow up with those offenders to make sure that they don't re-offend," McDermott added.

Another way he suggested to reduce recidivism is to keep first-time offenders separate from others inside the county jail and offer them additional support.

"The first-offender program is something I'm going to work on as soon as I get in. That goes to the recidivism," McDermott said.

"If you've committed a crime and it is serious enough that you have been incarcerated, we want to figure out a way that you don't come back...for those people who are first-time offenders, we want to segregate them. Obviously, I don't want to put them in the same population as the rest of the crew...let's find a way to segregate that population so that we can work with them with our psychologists and our social workers."

The sheriff's office can also help reduce crime through youth programs, McDermott stated. He said he would like to expand leadership camps that began under former sheriff Michael Bellotti.

"Sheriff Bellotti put together that leadership camp for kids and he identified at-risk youth to try to bring into the leadership camp. We're going to expand that," McDermott said.

"We're going to make sure that leadership camp is fully funded, hopefully through pri-

vate foundation moneys...but I want to expand it out of not just Braintree, but down to the southeastern part of Norfolk County."

"That's also open to the general population," he added. "You come in, you sign up, it's a good escape for the kids for the summer."

Another idea McDermott discussed was mentorship programs.

"I look at something like a mentor program. We already have those in existence. The non-profit communities are great — Big Brother, Big Sister. Find ways that we can partner with the at-risk kids with adults that actually have their best interest out so that they are not just left to the wind," he said.

He also said the sheriff's office could help children who cannot afford it enroll in youth programs like sports and the arts.

"We have to find ways to get to these kids," McDermott said. "It's not good enough to say sorry you can't pay for sports or musical programs."

During his interview, McDermott touted endorsements he has received from the unions representing employees of the sheriff's office, including corrections officers and non-uniformed personnel. McDermott said he began reaching out to the employees early on.

"One of the first things I did, and the reason why this is so passionate for me, is that I did take it upon myself to meet with the employees there. I hosted a breakfast for them. It wasn't a political thing. It was just, I want to hear from them what their issues are," McDermott said.

"After meeting with the corrections officers, the supervisors' union, some of the non-uniformed personnel there, we had a great conversation and I continued those conversations for several months. They started following me on the campaign trail, some of the things I was talking about, what I would bring to the sheriff's office. It led to their endorsement."

Jerry McDermott has been endorsed by the county's police chief. Patrick McDermott said that is because his opponent is allowing police to send some offenders to the jail prior to their arraignment, something Bellotti did not do.

"It's my understanding that the acting sheriff has been lending out the jail to the local police departments for safe-keep programs. As arrests come in, the Norfolk County correctional facility will take in a lot

of these folks that have been arrested; rather than the police departments dealing with them, they ship them to the sheriff's office. Mike Bellotti always said 'no, we're not doing that,'" McDermott said.

McDermott said he would be willing to work with the chiefs on creating regional detention centers in the county but is opposed to sending offenders to the jail prior to their arraignment.

"I would be in favor of working cooperatively with the chiefs, to find regional detention facilities perhaps, but to just put them into the Norfolk County correctional facility pending their arraignment is an unsafe environment," he said.

"It is unsafe because we are not capable or qualified to handle all their particular issues. I think it is a bad idea."

When asked about diversity in the sheriff's office, McDermott said he would make an effort to diversify the staff.

"One of the things I do want to do...is diversify our workforce, make sure that we reflect the community we serve. I think the jail is woefully deficient in that," he said.

"One of the things I promised is when I hire a human resources professional...I'm going to hire a professional that has a focus on diversity that knows how to handle a diverse workforce and hire for diversity."

McDermott was also asked about qualified immunity, which protects public employees like corrections officers and police officers, from lawsuits in certain circumstances; legislation pending on Beacon Hill could change how qualified immunity works in the state. McDermott said law enforcement needs qualified immunity to stop them from hesitating while on duty.

"I've gone on record saying we need some degree of qualified immunity," he said. "Police officers who have to act in the line of duty don't often have time to start flipping back into their brain, 'OK, what does that constitutional law mean and I am going to be liable and am I going to lose my house and my kids?'"

## Patrick McDermott Pledges Review Of Sheriff's Office Budget

Democratic nominee for Norfolk County Sheriff, Patrick McDermott, has pledged that, if elected, his first priority would be a comprehensive review of the Sheriff's office budget and programming to ensure proper fiscal management and effective leadership throughout the Norfolk County Sheriff's office.

In a press release issued by his campaign, McDermott said:

"Public Safety is about public trust and part of that trust is proper fiscal management of taxpayer money. As a public official, it is critical that the funding we receive from the people of Norfolk County is used as efficiently and effectively as possible. That's why, if elect-

ed Sheriff, my first priority will be a stem to stern review of the office and its programs to get the office on the right fiscal track."

If elected, McDermott said he will immediately begin a review of where money is being spent, and what programs and services are effective both in their use of taxpayer funds and in their results. He will also seek community partnerships and grant funding to invest in new programs that will benefit public safety, prevention and intervention efforts throughout Norfolk County.

McDermott added, "The status quo isn't good enough. We need a new vision of public safety and that includes living within our

means, and exploring new ways and opportunities for the Sheriff's office to increase community engagement and put those who are serving time on the right path."

For the past 18 years, Patrick McDermott has served as the Norfolk County Register of Probate, where he has overseen the \$2.2 million annual budget of the Norfolk Family and Probate Court without any spending overages. At the same time, he has worked with community organizations to increase education and awareness, help victims of domestic violence, and provide new avenues for the residents of Norfolk County to engage with the Norfolk County Family and Probate Court.





## OBITUARIES

## Barbara M. Russell, 96

A funeral Mass for Barbara M. (Cox) Russell, age 96, of Canton, formerly of Carver and Braintree, was celebrated Monday in Saint John the Baptist Church, Quincy.

Mrs. Russell died peacefully Oct. 1 at Hellenic Nursing and Rehabilitation Center in Canton.

Mrs. Russell was born in Boston, to the late Joseph F. and Mildred (Roche) Cox. Raised in Milton, she was a graduate of Milton High School. For the past 15 years, she was a resident of the Hellenic in Canton where she was beloved by residents and staff alike. Previously, she had lived in Carver for 20 years, in Braintree for 25 years, and earlier in Quincy.

Mrs. Russell was proud to have served as a Yeoman First Class during World War II in WAVES, the women's unit of the U.S. Naval Reserve. For her service, she received the World War II Victory Ribbon and American Campaign Ribbon.

She was employed as a mail sorter for the U.S. Postal Service at the South Postal Annex for many years prior to her retirement.

Mrs. Russell enjoyed spending time by the ocean, especially in Maine. Most of all, she was devoted to her family, her love for her husband and children being her sole focus.

Beloved wife of the late James E. "Jimmy" Russell.

Devoted mother of Joseph F. Russell and his wife Dolores of Quincy, Mary E. Mancuso and her husband Joseph of Braintree, Barbara A. Lewis and her husband



BARBARA M. RUSSELL

Gary of North Easton, Julie E. Frazier of Plymouth, and predeceased by James E. Russell and Jane B. Robsham.

Loving grandmother of nine and great grandmother of fourteen. She was the grandmother of the late Joseph Russell, Jr., Jamie-Lee Frazier, and Christopher Frazier.

Dear sister of Richard Cox of Duxbury, Elinor Stein of Milton, Patricia O'Kane of Carver, and predeceased by Warren Cox, Joseph Cox, John "Jack" Cox, and Judith Ford. She is also survived by many nieces and nephews.

Interment with military honors at Blue Hill Cemetery, Braintree.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Memorial donations may be made to a charity of choice.

The Russell family would like to acknowledge the staff of the Hellenic for the dedicated and compassionate care provided to Barbara these past many years.

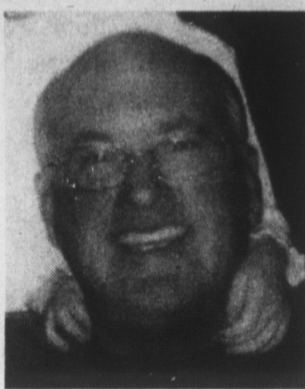
## Jeffrey Gordon, 66

Jeffrey Gordon, 66, of Milton, passed away Sept. 23.

Born in Brookline to the late Allyn and Phyllis (Kinzig) Gordon, Mr. Gordon worked as a letter carrier for the U. S. Postal Service in Quincy. He was a quiet, kind man who loved spending time with his niece and nephews.

Mr. Gordon was a passionate Boston Sports fans most especially the New England Patriots. He loved spending time on his boat and adored his dog Goldie.

Loving husband of Kathleen (O'Connor) Gordon and their dog Goldie. Beloved brother of Vicky Carr and her husband Patrick Carr of Scituate and Suzanne Colwell and her husband Den-



JEFFREY GORDON

nis of Foxboro. Devoted uncle to Dennis & his wife Kristine of Foxboro, Kevin Colwell of Foxboro, Jill and her husband BJ Levin of Los Angeles, and Jeffrey, Lilly, and Max Carr of Scituate.

Interment was private.

Funeral arrangements were made by Dolan Funeral Home, 460 Granite Ave., Milton.

## Dorothy J. White, 89

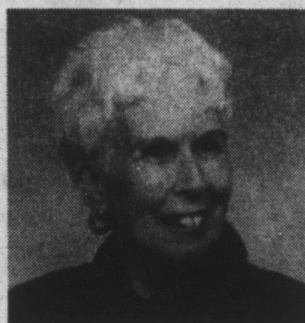
Dorothy Jeanie (McLean) White, of Quincy, formerly of Kenova, West Virginia died peacefully at her home Sept. 27. She was 89.

Born in Lawrence on Aug. 24, 1931, Mrs. White was the daughter of the late David and Georgina (Rogers) McLean and attended local schools. She graduated from the Lawrence High School with the Class of 1949.

A homemaker, Mrs. White raised her family with love and devotion. She was a voracious reader and enjoyed mystery novels. She also enjoyed the occasional mystery movie and playing Trivial Pursuit. Mrs. White was an avid Patriots and Red Sox fan and also loved Notre Dame. The most important part of her life was her family and she cherished the time she spent with her children, grandchildren and great-grandchildren.

Mrs. White was loving, strong willed and had a great sense of humor. Her life lessons and example are part of her legacy that continues through her children, grandchildren and great grandchildren. She will be missed by all the lives she touched.

Mrs. White was the beloved wife of James C. White. The two married on March 28, 1953 in Washington D.C. Together they shared 67 years of loving marriage. She was the devoted



DOROTHY J. WHITE

mother of Sheri Sanfilippo and her late husband Salvatore of Everett, John White and his partner Michelle Bernsten of Allston, Richard White of West Virginia, Gary White of West Virginia, Karen Miller of Everett, Susan Clifford and her husband John of Quincy, Julie Berry and her husband Eben of Maine, the late James White and the late Kimberly Meere and her surviving husband Patrick of Virginia. She was the loving grandmother of eleven and the loving great-grandmother of ten. Mrs. White was the dear sister of David McLean and his late wife Mary of Wrentham and the late Eleanor Zielinski and her surviving husband Joe of New Hampshire. She is also survived by many loving nieces, nephews and extended family members.

Mrs. White's funeral services were held privately.

Memorial contributions may be sent to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.



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## Amanda Boyd

A funeral service for Amanda Boyd of Quincy will be held Thursday at noon in St. Catherine Greek Orthodox Church, Braintree.

Ms. Boyd died Sept. 30.

She was both an enthusiastic gardener and avid caretaker of nature, but at the same time she could be a fierce advocate for the environment. What she loved the most about gardening was sharing the hobby with her father who took many loving trips to Home Depot with her and it was special how she could use what she grew to cook with her mother for her family and close friends.

Ms. Boyd enjoyed painting, was a voracious writer, and loved to read. She took pride in her intellect and loved to learn. She had a lifetime of practicing advocacy for herself and others who shared a similar path of being differently abled. Ms. Boyd did not just want to survive, she wanted to live a normal life where she could thrive. From this journey stemmed an unrivaled empathy for others that grew into a passion for supporting those who needed it, and in her own words, "All of us have challenges, learning disabled or not." She was not satisfied with the status-quo so she became a part of the change she wanted to see, making certain that our political leaders heard the issues that were important to her—from ensuring the equal rights of women to people with disabilities. Anyone who knew her knows



AMANDA BOYD

she could appreciate a good debate. Always full of questions and full of life, her precocious nature will be fondly remembered.

Beloved daughter of James Boyd and Joy Lester of Quincy. Cherished sister of Elizabeth Cammarata and her husband Jason of Dorchester and Emily Boyd of Orlando, FL. Loving niece of Electra Alessio of Kingston, NH, Stephen Lester and his wife Lois Gibbs of Falls Church, VA, Corinne Lester of Kingston, NH, Arthur Boyd of Brockton, and Annemarie Carlson and her husband Eric of Hanover. Loving cousin of Lauren, Diane, Ryan, Christopher, Michael, Melissa, Christian, and Timothy.

Visiting hours are 10 a.m. to noon Thursday at the church.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to [riverviewschool.org](http://riverviewschool.org).

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Stephen L. Esdale

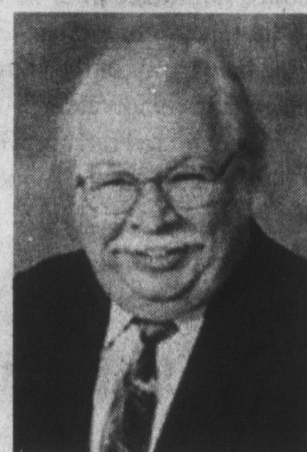
A private funeral service for Stephen Leo Esdale, of Walpole and formerly of Quincy, was held Monday at the Keohane Funeral Home, 785 Hancock St., Quincy.

Mr. Esdale passed away Sept. 28.

Born in Boston, he was a son of the late Harold L. Esdale and Rosemary A. (Hennessy).

After beginning his career as a nursing home administrator, Mr. Esdale was the vice president of the nursing home division of the Flatley Company for many years. He then continued to serve as administrator to several other nursing care facilities until his retirement. Mr. Esdale served as president of the New England Alliance of nursing facility administrators for the past three decades. He was also past Board Chairman for the American College of Health Care Administrators. He was a true champion, advocate, and inspiration for young and old alike.

Mr. Esdale was the beloved husband of Gloria R.



STEPHEN L. ESDALE

Esdale of Walpole, and the devoted father of Jessica Esdale of Walpole, Stephen Esdale of Plano, TX, and Daniel Esdale of Walpole. He was the brother of Anne Podolski and her husband Michael of Dedham, Carol Esdale of Weymouth, and the late Dennis Esdale. Mr. Esdale is survived by many nieces, nephews, and grand nieces and nephews.

Burial was at Terrace Hill Cemetery in Walpole.

Expressions of sympathy may be made in Stephen's memory to The American Red Cross, 285 Columbus Ave., Boston, MA 02116.



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## Judith A. Dacey, 77

Judith Ann Dacey, age 77, of Braintree and Quincy, died peacefully Sept. 26 at the John Scott House Rehabilitation Center and Nursing Center in Braintree.

Born in Boston, on October 6, 1942, she was the daughter of late Joseph and Mary Murray (Stevens). Mrs. Dacey grew up in Hyde Park alongside her two cherished brothers, the late James and Donald L. Murray, and attended the William Barton Rogers School and graduated from Fontbonne Academy in Milton.

Over the years, she worked in a number of different professions including assembling computers and Pac Man games. For several years, she worked in the City of Quincy Clerk's Office and later on in a very busy optometry practice where she truly enjoyed helping patients.

An avid tennis player, before her stroke, Wimbledon was actually celebrated as a holiday in the Dacey household. Mrs. Dacey loved cooking for and hosting family events and spending time with her friends. When her daughters were young, she was heavily involved with the Mothers of Twins organization and she was a devoted fan to all her brother Don's fastpitch softball teams. For years she would attend myriad games and follow teams like the Melrose Mets, the Salem Grill, Nelson's Bakery, and the Boston Police Fastpitch Softball Team all around New England. She truly enjoyed all the families and of course, the "adventures" and "post-champion-



**JUDITH A. DACEY**

ship celebrations" that these teams had together.

Her other passions and interests mostly included spending time with her friends and taking drives to the ocean.

Mrs. Dacey showed great courage and mental fortitude when she survived a massive stroke at the young age of 41 and especially during her years of recovery, when she worked tirelessly, in therapy, to learn all over again, how to read, write, and drive a car. Through her grit and dogged determination, she even returned back to work.

Over the years, Mrs. Dacey supported a number of worthwhile organizations including the Boston Police Patrolman's Association and the Boston Police Activities League. She was known to support and make friends with people of all races and denominations. For example, through her friendship with Boston Police motorcycle officer Gene Lee, a black man, who became a constant visitor to her home on holidays, all of her daughters grew up calling him "Uncle Gene," which was indeed very progressive, when one reflects

back on all the racial strife in Boston during the 1960s and 1970s. Simply put, Mrs. Dacey had no tolerance for hate.

She is survived by her wonderful daughters, Denise Dacey of New York and Sue Dacey (Tina Render) of Massachusetts, and her 4 grandchildren Arianna and MacKenzie Watts of New York, and Benjamin and Samuel of Massachusetts, her 4 great-grandchildren, and her nieces and nephews.

She was predeceased by her dear former husband, John "Jack" Dacey of Milton, and her longtime companion George Colarusso of Quincy, and her two beloved brothers, James Murray of Quincy and Donald L. Murray of Milton.

A special "Thank You" to the John Scott House Rehabilitation Center and Nursing Center, in Braintree, which took such wonderful care of Mrs. Dacey for over 12 years.

She is once again reunited with her two loving brothers!

As Mrs. Dacey might say, "We grew up learning to cheer on the underdog because we see ourselves in them."

Funeral from Keohane Funeral Home, 785 Hancock St., Quincy, Wednesday at 1 p.m. A graveside service will be held at Blue Hill Cemetery, Braintree, at 2 p.m. Relatives and friends are respectfully invited to attend.

Memorial donations may be made to The Jimmy Fund c/o Dana-Farber Cancer Institute, PO Box 849168, Boston, MA 02284-9168.

## James F. Duggan, 86

James F. Duggan, age 86, of Middleboro, a former resident of Quincy for over 65 years before moving with his late wife, Susan, to Oak Point in Middleboro, died peacefully, Oct. 2 at the Life Care Center of Plymouth.

Mr. Duggan was born in Quincy, to the late Francis and Mary Hildegard (O'Brien) Duggan. Raised in Quincy, he was a graduate of Quincy High School, Class of 1952, and the College of the Holy Cross, Class of 1956. He was a member of the ROTC program and was commissioned after graduation into the U.S. Air Force where he attained the rank of captain. Mr. Duggan was the former president and treasurer of Duggan Brothers North Quincy Garage Chevrolet Dealership. He successfully continued in automobile sales working for President's Chevrolet, and then served as sales manager for South Shore Buick for 25 years before his retirement. He was a past president of South Shore Auto Dealers Association and a charter member of the Kiwanis Club of Milton.

He enjoyed raising his family in Quincy and enjoyed summers in East Brewster on Cape Cod - memories which each of his children, friends, and family recall with great affection. He enjoyed the longtime friendship of Jack and Marilyn Lahive on Cape Cod and their families continue those friendships today. An avid and rabid fan of all the Boston sports teams, Mr. Duggan was most proud of attending and encouraging the achievements of his children, grandchildren, niece



**JAMES F. DUGGAN**

and nephew at their numerous sporting events. Family gatherings included a "One on One" with Papa where you would be beckoned to a seat beside him and he would go through his litany of questions regarding your interests or job, your sports or achievements, your friends, and always, most importantly, encouraging your school work.

Mr. Duggan was a longtime active parishioner of Saint John the Baptist Church in Quincy and a well-known coach for many years in the former Saint John's Baseball League as coach of the Yankees, receiving a lifetime achievement award. He also coached numerous teams in the CYO Boys and Girls Youth Basketball leagues. Many who played or interacted with him were provided the same life lessons, encouragement, advice, and devotion he provided to his own children. Children of family friends and friends of his children continue to remind themselves of what they learned or heard from "Mr. Duggan," who took an interest in each young person as if they were his own.

Beloved husband for sixty-three years of the late Susan J. (McGrath) Duggan, who died Jan. 7, 2020.

Devoted father of Maureen S. Redmond and her husband Brian of Pembroke, James F. Duggan, Jr. and his partner Kathleen Kelly of Newington, Conn., Michael G. Duggan and his wife Karen of Guilford, Conn., Francis P. Duggan and his wife Karin of Glastonbury, Conn., Kathleen M. Kayne and her husband David of Trumbull, Conn., Patrick J. Duggan and his wife Susan of Holbrook, Teresa M. LaMonica and her husband John of Duxbury, and Virginia H. McGregor and her husband Adam of Marshfield.

Loving "Papa" of twenty-one grandchildren, their spouses, and six great-grandchildren. He was the grandfather of the late Paul James Duggan and Kellie Mary Duggan.

He is survived by his sister-in-law Carol McGrath, his niece Karen A. Geary and her husband Ted, his nephew Daniel P. McGrath, and a grandniece and grandnephew. He also leaves deep family connections with the late Ernest Bizzozero and his wife Joan, as well as the O'Brien and Kiley families who remained a part of his life from childhood.

In light of current events, funeral services are private.

Memorial donations may be made to The Kellie Duggan Foundation, 7 Cornfield Ln., Guilford, CT 06437 or [kellieduggan.org/donate](http://kellieduggan.org/donate).

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave. Quincy.

## Rosemarie Quigley, 74

A funeral Mass for Mrs. Rosemarie (Nardone) Quigley, of Quincy, was celebrated Tuesday in Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mrs. Quigley passed away on Sept. 29. She was 74.

She was a paralegal for many years. Mrs. Quigley also enjoyed boating, cooking, and was a big fan of Johnny Cash.

Wife of Charles T. Quigley of Quincy.

Loving mother of Dawn Marie Varmahmoodi of Braintree, Charles A. Quigley



**ROSEMARIE QUIGLEY**

and his wife, Erin, of Quincy, and Rhonda A. Quigley of Quincy. Sister of Ruth Finn of Marshfield and Joseph J. Nardone, Jr. of Duxbury. Grandmother of Darius Varmah-

moodi, Devon Varmahmoodi, Dana Varmahmoodi, Charles J. Quigley, Cameron Quigley, Trevor Mangino, Coleman Quigley and Nicholas Mangino.

Burial was in Pine Hill Cemetery, Quincy.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Hospice of the South Shore, 30 Reservoir Park Dr., Rockland, MA 02370.

**More Obituaries online at  
[www.TheQuincySun.com](http://www.TheQuincySun.com)**

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# Land - Not Plot - Plans Available At Registry Of Deeds

Cont'd From Page 12

## LEGAL NOTICE

### CITATION ON PETITION TO CHANGE NAME

Docket No. NO20C0020CA

Commonwealth of Massachusetts  
The Trial Court

### Probate and Family Court

Norfolk Probate and Family Court

35 Shawmut Road  
Canton, MA 02021

(781) 830-1200

In the Matter of:

Nichelle Evelyn Crosby  
A Petition to Change Name of Adult has been filed by

Nichelle Evelyn Crosby of Quincy, MA requesting that the court enter a Decree changing their name to:

Nichelle Evelyn Basile

### IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: Norfolk Probate and Family Court before 10:00 a.m. on the return day of 11/04/2020.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 29, 2020  
PATRICK W. McDERMOTT  
Register of Probate

10/8/20

## LEGAL NOTICE

### INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P1697EA

Commonwealth of Massachusetts  
The Trial Court

### Probate and Family Court

Norfolk Division

35 Shawmut Road  
Canton, MA 02021

(781) 830-1200

Estate of:

John Francis Mahoney

Also Known As:

John F. Mahoney

Date of Death:

April 10, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Celine T. Mahoney of Quincy, MA.

Celine T. Mahoney of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

10/8/20

should check their records first if they are in need of a mortgage plot plan. Also, in some cases, town building departments may have a copy of a property's plot plan and/or the property's as built plan. If not, the home-

## LEGAL NOTICE

### CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2196EA

Commonwealth of Massachusetts  
The Trial Court

### Probate and Family Court

Norfolk Probate and Family Court

35 Shawmut Road  
Canton, MA 02021

(781) 830-1200

Estate of:

Mary Lou Burlingame

Date of Death:

June 16, 2020

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Dorothy Breen of Duxbury, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Dorothy Breen of Duxbury, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/28/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

### UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 24, 2020  
PATRICK W. McDERMOTT  
Register of Probate

10/8/20

## LEGAL NOTICE

### CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P2108EA

Commonwealth of Massachusetts  
The Trial Court

### Probate and Family Court

Norfolk Probate and Family Court

35 Shawmut Road  
Canton, MA 02021

(781) 830-1200

Estate of:

Barbara E. Marcinkevicius

Date of Death:

May 12, 2020

To all interested persons:

A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Gerard S. McAuliffe of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Gerard S. McAuliffe of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 10/21/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

### UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: September 14, 2020  
PATRICK W. McDERMOTT  
Register of Probate

10/8/20

"On property deeds," O'Donnell said, "there is a section which lists the metes and bounds (description) of the property. Most deeds also contain a cross reference to land plan Book and Page numbers recorded here at the Registry. Land plans can be useful if there is a question amongst neighbors about a property line or just highlighting other dimension issues that relate to the property."

Concluding his remarks, O'Donnell stated, "The Norfolk County Registry of Deeds has available for viewing documents and plans going back to the Registry's beginnings in 1793. Non-certified copies of our documents and plans can

be viewed and printed free of charge via our website [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

"Copies of land plans that do not contain non-certified copy language are available for a fee of \$1 per plan (size 8 1/2 x 11 inches) plus an additional \$1.00 per plan for postage. Larger plans, 11 x 17 inches or 18 x 24 inches, cost \$2 per plan plus an additional \$1 per plan for postage. If you desire a copy of a plan from the Registry and you know the plan Book and Page number, send in a mail request to the Norfolk County Registry of Deeds, 649 High Street, Dedham, MA 02026 along with a check made out to the Norfolk County Registry of Deeds for the appro-

priate amount.

"If you are not sure of your land plan Book and Page numbers or have further questions about land plans, you can call our Customer Service Center, Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m. As always, the Norfolk County Registry of Deeds is more than able and willing to assist our customers, the citizens of Norfolk County."

To learn more about these and other Registry of Deeds events and initiatives like us at [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow us on [twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds) and [instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website [www.norfolkdeeds.org](http://www.norfolkdeeds.org).Residents in need of assistance can call (781) 461-6101, or email [register@norfolkdeeds.org](mailto:register@norfolkdeeds.org).

## LEGAL NOTICE

### INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P1542EA

Commonwealth of Massachusetts  
The Trial Court

### Probate and Family Court

Norfolk Division

35 Shawmut Road  
Canton, MA 02021

(781) 830-1200

Estate of:

Joseph A. Fratillo

Date of Death:

May 6, 2020

To all persons interested in the above captioned estate, by Petition of:

Petitioner Brenda J. McKeon of Quincy, MA.

Brenda J. McKeon of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

10/8/20

## NOTICE OF PUBLIC HEARING

Case ZBA 20-64

### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 27, 2020 @ 5:30 P.M. to consider the application of BRIAN LAROCHE for a VARIANCE/SPECIAL PERMIT FLOOD PLAIN to subdivide the lot into two (2) lots and construct a single family home on the newly created lot in violation of Title 17 as amended, Chapter 4.1 (dimensional requirements) and Chapter 8.1.9 (special permit flood plain) on the premises numbered 170 RHODA STREET, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Oct. 27, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94518150825?pwd=V3h1YTNYUGItZlmdXl0zStrY1dpdz09>

Meeting ID: 945 1815 0825

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 945 1815 0825

Passcode: 542850

Find your local number: <https://zoom.us/j/as0ft15QZ>Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

10/8/20, 10/15/20

## NOTICE OF PUBLIC HEARING

Case ZBA 20-34

### NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, October 27, 2020 @ 5:30 P.M. to consider the application of DAVID GUIMARAES for a VARIANCE to finish a portion of the basement using the Owens Corning Basement Finishing System to be used as a Family room/Laundry room in violation of Title 17 as amended, Chapter 4.0 (dimensional requirements) on the premises numbered 55 LYONS STREET, UNIT 3, QUINCY.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board Meeting

Time: Oct. 27, 2020 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/94518150825?pwd=V3h1YTNYUGItZlmdXl0zStrY1dpdz09>

Meeting ID: 945 1815 0825

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 945 1815 0825

Passcode: 542850

Find your local number: <https://zoom.us/j/as0ft15QZ>Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

10/8/20, 10/15/20

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**INVITATIONS TO BID**

**INVITATIONS TO BID**

**REQUEST FOR QUALIFICATIONS**

**INVITATION TO BID**

**CITY OF QUINCY, MASSACHUSETTS  
PURCHASING DEPARTMENT  
1305 HANCOCK ST., QUINCY, MA 02169**

The City of Quincy invites sealed bids/proposals for:

**PUBLIC WORKS SNOW TRANSPORTATION & DISPOSAL OCTOBER 22, 2020 @ 11:30 a.m.**

Detailed bid specifications for all above bids are available on-line at the City of Quincy's website, [www.quincyma.gov](http://www.quincyma.gov) and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

All questions regarding this bid should be directed to Kathryn R. Logan, Purchasing Agent email: [purchasing@quincyma.gov](mailto:purchasing@quincyma.gov). Questions will be accepted until October 9, 2020 at 4:00 p.m.

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Firm bid prices will be given first consideration. Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above, at which time and date they will be publicly opened and read. Late Bids/Proposals, delivered by mail or in person, will be rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, Mayor  
Kathryn R. Logan, Purchasing Agent

10/8/20

**INVITATION TO BID**

**CITY OF QUINCY, MASSACHUSETTS  
PURCHASING DEPARTMENT  
1305 HANCOCK STREET, QUINCY, MA 02169**

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

**ASSESSORS OFFICE OCTOBER 22, 2020 @ 11:00 A.M.**

**"CYCLICAL DATA VERIFICATION OF REAL PROPERTY AND EDUCATION OF PROPERTY OWNERS WITH REGARD TO CYCLICAL DATA VERIFICATION AND VALUATION"**

In accordance with M.G.L. Chapter 30B the City of Quincy, acting on behalf of the Board of Assessors is soliciting bids for Cyclical Data verification of real property and Education of Property Owners with regard to Cyclical Data verification and valuation.

Detailed specifications are available on-line at the City of Quincy's website, [www.quincyma.gov](http://www.quincyma.gov) and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call.

Any and all questions concerning this Invitation to Bid must be submitted by email to Kathryn R. Logan, Purchasing Agent, City of Quincy Purchasing Department, 1305 Hancock Street, Quincy, MA [purchasing@quincyma.gov](mailto:purchasing@quincyma.gov). Questions will not be accepted after October 16, 2020 @ 12:00 p.m.

The City of Quincy reserves the right to accept or reject any or all Bids, to waive any informality and to accept any Bid deemed in the best interest of the City of Quincy. Bid(s) will be awarded after review.

Thomas P. Koch, Mayor  
Kathryn R. Logan, Purchasing Agent

10/8/20

**City of Quincy, Massachusetts  
Purchasing Department  
1305 Hancock Street  
Quincy, MA 02169**

**Request for Qualifications (RFQ)**

The City of Quincy invites sealed bids / proposals for Consultant Services for:

"Needs Assessment and Action Plan for Communications Access for Persons with Limited English Proficiency and Persons with Disabilities."

**PLANNING DEPARTMENT  
OCTOBER 22, 2020 @ 11:45 A.M.**

In accordance with M.G.L Chapter 44, Section 53G, The City of Quincy is soliciting proposals for furnishing consultant services for a Needs Assessment and Planning Document for Communications Access for Persons with Limited English Proficiency and Persons with Disabilities. Proposals will be received at the office of the Purchasing Department; City Hall; 1305 Hancock Street; Quincy, MA 02169, until **Thursday, October 22, 2020 @ 11:45 a.m.**

The Scope of Services includes, but is not limited to, the following activities: 1) Perform secondary research to define context and discover best practices; 2) Identify primary research questions to define scope of the primary research; 3) Perform primary research to identify the need in Quincy for language assistance or disability accommodations for communication access; 4) Perform research analysis and prepare needs assessment document with recommendations and implementation plan.

One contract may be awarded for the whole service, or more than one contract may be awarded if it is deemed to be in the best interest of the City of Quincy

Detailed specifications are available on-line at the City of Quincy's website, [www.quincyma.gov](http://www.quincyma.gov) and also available at the Purchasing Department; City Hall; 1305 Hancock Street; Quincy, MA 02169 or by calling (617) 376-1060, between 8:30 AM and 4:30 PM, Monday through Friday.

Proposals shall be in accordance with any and all Federal, State and City of Quincy regulations in relation to Equal Employment Opportunity, OSHA, when applicable. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City. The City of Quincy reserves the sole right to amend this RFQ by formal addendum.

Thomas P. Koch, MAYOR  
Kathryn R. Logan, Chief Procurement Officer

10/8/20

**United States Postal Service**

**Statement of Ownership, Management, and Circulation  
(All Periodicals Publications Except Requester Publications)**

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7. Complete Mailing Address of Known Office of Publication (Not Printer) (Street, city, county, state and Zip)  
**1372 Hancock St., Quincy, Norfolk County, MA 02169-5107**
- Contact Person: **Donna Gray**
- Telephone Number: **617-471-3100**
8. Complete Mailing Address of Headquarters or General Business Office Of Publisher  
**1372 Hancock St., Quincy, MA 02169-5107**
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor  
**Publisher (Name and complete mailing address):**  
**Robert H. Bosworth**  
**1372 Hancock Street**  
**Quincy, MA 02169**  
**Editor (Name and complete mailing address):**  
**Robert H. Bosworth**  
**1372 Hancock Street**  
**Quincy, MA 02169**  
**Managing Editor (name and complete mailing address):**  
**Robert H. Bosworth**  
**1372 Hancock Street**  
**Quincy, MA 02169**

(The names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a non-profit organization, give its name and address.)

- | Full Name                                  | Complete Mailing address                   |
|--|--|
| <b>The Quincy Sun Publishing Co., Inc.</b> | <b>1372 Hancock St., Quincy, MA 02169</b>  |
| <b>Robert H. Bosworth</b>                  | <b>1372 Hancock St., Quincy, MA 02169</b>  |
| <b>Marcia O'Connell</b>                    | <b>215 Adams St., Quincy, MA 02169</b>     |
| <b>Donna Gray</b>                          | <b>53 Archer Ave., Pembroke, MA 02359</b>  |
| <b>Gail Happel</b>                         | <b>73 Colonial Rd., Weymouth, MA 02191</b> |
| <b>Linda Harrison</b>                      | <b>75 Morgan St., Randolph, MA 02368</b>   |
| <b>Dorothy Newman</b>                      | <b>31 Graham St., Quincy, MA 02169</b>     |

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgagees or Other Securities. If none, check box. **None.**

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates)
13. Publication Title: **The Quincy Sun**
14. Issue Date for Circulation Data Below: **9/17/2020**
15. Extent and Nature of Circulation  
**Average No. Copies Each Issue During Preceding 12 Months**  
a. Total Number of Copies (Net press run): **5825**  
b. Paid Circulation (By Mail and Outside the Mail)  
(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): **578**  
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution

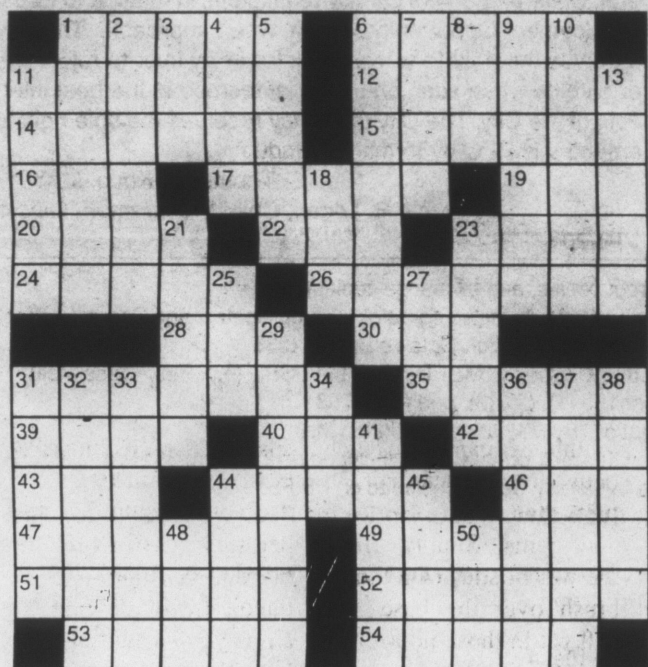
- above nominal rate, advertiser's proof copies, and exchange copies): **2789**
- (3) Paid Distribution Outside the Mails including Sales through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: **1335**
- (4) Paid Distribution by other Classes of Mail Through the USPS (e.g. First-Class Mail): **1**
- c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4) - **4703**
- d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)  
(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541: **0**  
(2) Free or Nominal Rate In-County Copies Included on PS Form 3541: **0**  
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail): **2**
- (4) Free or Nominal Rate Distribution Outside the Mail (Carriers of other means): **200**
- e. Total Free or Nominal Rate Distribution (Sum of 15b (1), (2), (3), and (4): **202**
- f. Total Distribution (Sum of 15c and 15e: **4905**
- g. Copies not Distributed: **720**
- h. total (sum of 15f and g): **5625**
- i. Percent Paid (15c divided by 15f times 100): **95.0%**
13. Publication Title: **The Quincy Sun**
14. Issue Date for Circulation Data Below: **9/17/2020**
15. Extent and Nature of Circulation  
**No. Copies of Single Issue Published Nearest to Filing Date**  
a. Total Number of Copies (Net press run): **5000**  
b. Paid Circulation (By Mail and Outside the Mail)  
(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): **561**  
(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): **2890**  
(3) Paid Distribution Outside the Mails including Sales through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: **952**
- (4) Paid Distribution by other Classes of Mail Through the USPS (e.g. First-Class Mail): **0**
- c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4) - **4403**
- d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)  
(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541: **0**  
(2) Free or Nominal Rate In-County Copies Included on PS Form 3541: **0**  
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail): **0**
- (4) Free or Nominal Rate Distribution Outside the Mail (Carriers of other means): **100**
- e. Total Free or Nominal Rate Distribution (Sum of 15b (1), (2), (3), and (4): **100**
- f. Total Distribution (Sum of 15c and 15e: **4503**
- g. Copies not Distributed: **497**
- h. total (sum of 15f and g): **5000**
- i. Percent Paid (15c divided by 15f times 100): **97.0%**
17. Publication of Statement of Ownership  
X. If the publication is a general publication, publication of this statement is required. Will be printed in the 10/8/20 issue of this publication.
18. Signature and Title of Editor, Publisher, Business Manager, or Owner.  
Date: **9/25/2020**  
I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).  
**Robert H. Bosworth**  
**Publisher**  
**10/8/20**



# SUN FUN PAGES

## King Crossword

- ACROSS**
- 1 Off  
6 Handed out hands  
11 Drunk (Sl.)  
12 Wickerwork willows  
14 WWI president  
15 "The Compleat Angler" writer  
16 Furthermore  
17 Farewell  
19 Coloration  
20 Requirement  
22 Right angle  
23 California wine region  
24 Contribute  
26 Got rid of the bumps  
28 Tummy muscles  
30 Morning moisture  
31 Not as prevalent  
35 Bar legally  
39 Frilly, in a way  
40 Minor worker  
42 Bygone times  
43 Inseparable  
44 Baby-sitters,
- often  
46 Dead heat  
47 IBM computer that won on "Jeopardy!"  
49 Trumpeter Marsalis  
51 Most cunning  
52 Prepares to propose  
53 Dispatches  
54 ESPN datum
- DOWN**
- 1 Straightened  
2 Gave shape to  
3 "Monty Python" opener  
4 Old promise  
5 Device for testing physical conditions  
6 Fastened with pegs  
7 Birthright barter  
8 Have a bug  
9 Deadly  
10 Theatrical company
- 11 Master, on safari  
13 Golf's "Slammin' Sammy"  
18 Well, — bel!  
21 Blog, basically  
23 Full of info  
25 Jimmy Fallon's network  
27 Churchill's gesture  
29 Cosines' reciprocals  
31 Decelerates  
32 Venice's thoroughfares  
33 Vinegar radical  
34 Director  
36 Stagger  
37 Baltimore athlete  
38 Hammerhead parts  
41 Stares stupidly  
44 Asking too many questions  
45 Agreement  
48 Red or Black  
50 "The Matrix" role



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## MAGIC MAZE — NAME

K T Q N K H D A X U R P C M J  
G D A X V (HOUSEHOLD) D  
S Q N K I F E D A X M V T E Q  
O M J H F C A G Y P W U M I R  
P N L J H F B R A N D U N R D  
B Z X G I V E N E T S V I R F  
T R Q O M K Y I O S S H A A F  
D B Z Y N E D I A M U W M M V  
T R Q O D E L D D I M I O N L  
K I H O F D C I A Z L O D X W  
V U C S R Q O N F Y M K C I N

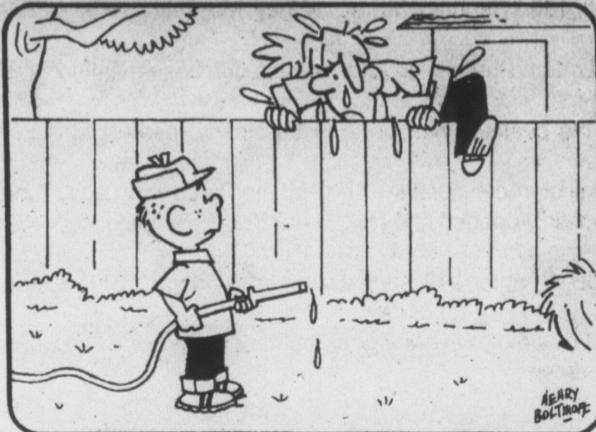
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: A NAME GIVEN TO A PRODUCT

Assumed	Domain	Household	Nick
Code	Family	Maiden	Stage
Common	File	Married	User
Company	Given	Middle	

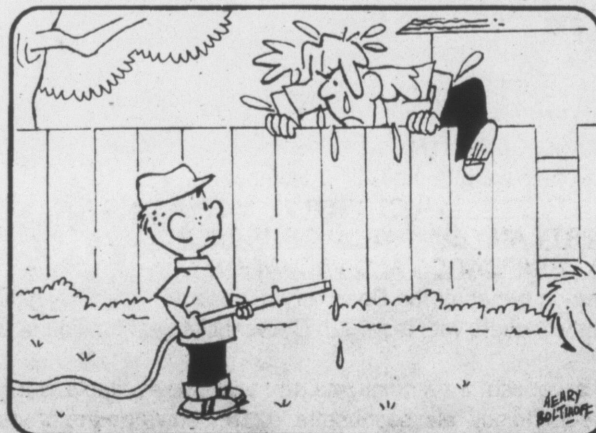
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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is different. 2. Fence board is missing. 3. Dog's nose is missing. 4. Window is missing. 5. Tree is fuller. 6. Man's nose is different.

## Trivia test by Fifi Rodriguez

- GENERAL KNOWLEDGE:** Where was the ancient kingdom of Numidia located?
- LANGUAGE:** What is the opposite of the word convex?
- GEOGRAPHY:** In which body of water is the island of St. Vincent found?
- COMICS:** What was the name of Superman's pet monkey?
- HISTORY:** Who was the king of England at the time of the American Revolution?
- LITERATURE:** Which 20th-century novel featured a character called Atticus Finch?
- MEDICAL TERMS:** What does the term "idiopathic" mean in diagnosis of a condition?
- U.S. STATES:** Which state's resident might be nicknamed a Jayhawker?
- GAMES:** How much money does each player start with in the board game Monopoly?
- AD SLOGANS:** Which auto company adopted the slogan "Fahrvergnügen"?

Answers

- North Africa
- Concave
- Caribbean Sea
- Beppo
- George III
- "To Kill a Mockingbird"
- Of unknown cause
- Kansas
- \$1,500
- Volkswagen. The slogan means "driving enjoyment."

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## Wishing Well®

5	6	2	6	5	6	5	7	2	3	4	8	7
Y	P	Y	R	O	O	U	E	O	B	A	U	V
6	5	7	2	8	2	3	6	8	3	8	4	8
C	W	E	U	N	R	E	I	P	O	C	N	
3	2	7	2	6	7	6	5	8	3	6	4	5
O	E	N	A	E	T	D	R	O	S	U	T	I
7	4	3	2	4	8	3	7	8	2	8	5	7
F	O	I	P	N	F	T	U	M	R	I	T	L
4	7	2	3	2	8	3	6	7	3	7	4	6
I	D	E	I	W	N	V	N	A	E	Y	D	A
7	6	7	8	2	8	5	6	4	7	2	5	7
S	F	A	D	A	S	E	R	E	H	R	A	E
5	7	5	7	4	6	5	4	2	5	6	2	6
P	A	O	D	A	A	E	S	D	M	I	S	D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message, the letters under the checked figures give you.

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## Salome's Stars

**ARIES** (March 21 to April 19) Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this weekend.

**TAURUS** (April 20 to May 20) Yet again, you show your skill at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.

**GEMINI** (May 21 to June 20) A potential change might appear to be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.

**CANCER** (June 21 to July 22) Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas you can smooth over. Also, try to be flexible about travel plans.

**LEO** (July 23 to August 22) You love being on center stage, and while you absolutely purr at the sound of all that praise, be careful not to take on too many commitments at the expense of time spent with loved ones.

**VIRGO** (August 23 to September 22) You might feel that you need to get involved in a matter concerning a friend or relative. But while the issues appear to be cut and dried, they might not be. Get more facts before you act.

**LIBRA** (September 23 to October 22) A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining

in with naysayers unless they can show a real basis for their position.

**SCORPIO** (October 23 to November 21) While potential career changes warrant your interest, don't ignore current job responsibilities. A personal relationship also can benefit from more of your attention.

**SAGITTARIUS** (November 22 to December 21) Don't guess at what the facts might be if you hope to make the best decision possible. The wise course is to ask direct questions and act on the answers you get.

**CAPRICORN** (December 22 to January 19) Your efforts involving that pesky problem should soon show positive signs of being resolved. This would allow you to shift some of your focus in another direction.

**AQUARIUS** (January 20 to February 18) While you enjoy well-deserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect more support from a once-strong critic.

**PISCES** (February 19 to March 20) You might still have explaining to do about your decision, but support grows as you continue to make your case. You also might want to start making plans for the upcoming holidays.

**BORN THIS WEEK:** You insist on making decisions based on facts, not on popular opinions. Have you considered a career in science?

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals G

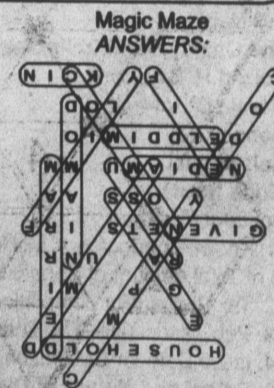
KG N SWY LHQ WG S W W K V R I K Z J U  
EK Q J OWY Y L NV J Z N R R Q J OWY  
W G G, OWY D W Y H J I Q L K R Q W V -  
E W D Q J.

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## King Crossword

Answers

Solution time: 24 mins.



## CryptoQuip

answer

remot  
off you would be pigeon  
If a couple of cooking birds  
you and an are dragged  
you would be pigeon

OCT

8

2020



# HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** -- Film-makers are watching "The Batman" closely after its title star, Robert Pattinson, tested positive for COVID-19, two days after shooting began in London. Shooting was suspended March 25, and anyone who was within 6 feet of Pattinson for 15 minutes was asked to quarantine for 10 days, whether or not they tested positive. Jonah Hill was considered to play The Riddler or The Penguin, but after he demanded \$10 million, twice what Pattinson is getting, they cast Paul Dano as The Riddler and Colin Farrell as The Penguin. The producers of "The Matrix 4" and "Jurassic World: Dominion," shooting at the same studio, are watching closely. Fortunately, insurance covered this go-round but may not cover another shutdown. "The Batman" has two sequels to follow, which makes Pattinson's health paramount. Fortunately, "The Devil All the Time" -- with "Spiderman" Tom Holland, "It" star Bill Skarsgard, Elvis' granddaughter Riley Keough and "Captain America's" Sebastian Stan -- became available Sept. 16 on Netflix. Holland's "Spiderman" co-star Jake Gyllenhaal is one of the producers.

If all goes as planned, Robert DeNiro and John Malkovich will begin filming "Wash Me in the River" on Nov. 9 in Georgia and Puerto Rico. DeNiro plays a recovering opioid addict who seeks revenge on the dealers responsible for selling the drugs that killed his fiancée. The release of "The War with Grandpa" was moved from

Sept. 18 to Oct. 9 in theaters. In it, DeNiro's grandson Oakes Fegley wages an all-out war to get his room back from grandpa. Christopher Walken, Uma Thurman and Jane Seymour co-star.

Former "Murphy Brown" star Candice Bergen lost her bid to return to weekly television when the reboot of her show was canceled, but she's been mounting a healthy movie comeback. The 2018 film "The Book Club," with Diane Keaton, Jane Fonda and Mary Steenburgen, scored \$104 million at the box office. She's in great company in "Let Them All Talk" (for HBO MAX), with Meryl Streep, Dianne Wiest and Lucas Hedges for director Steven Soderbergh, and with Dianne Wiest again in the thriller "I Care a Lot," with Peter Dinklage and Rosamund Pike.

Also making the leap from TV to movies is "Big Bang" alum Simon Helberg. He scored opposite Meryl Streep in "Florence Foster Jenkins" (2016) and completed the musical film "Annette," with Adam Driver and "La Vie En Rose" Oscar-winner Marion Cotillard, in November before the pandemic, shooting in Brussels, Bruges, Cologne and Bonn. Helberg's "Big Bang" co-star Mayim Bialik chose him to play opposite Dustin Hoffman in "As Sick As They Made Us," which she wrote about her family and is directing. Howard Walowitz never had it so good!

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## GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	-		x		20
÷		-			
	x		+		4
+		x		x	
	-		x		21
17		6		14	

1 2 2 3 4 6 7 8 9

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## KOVELS' Antiques & Collecting

By Terry and Kim Kovel

**Pottery Ring** -- A pottery ring about 8 inches in diameter was auctioned recently and few seemed to understand how it was used. The pottery was shaped like a tube bent into a circle with an opening at the top. It is a 19th-century stoneware ring flask. Farmers worked in the fields all day and they could carry water in the flask. It was worn on the shoulder, so water was always available. This flask was glazed to look like it is made of pottery, but many examples were more elaborate with incised colored decorations, faces or other slightly raised decoration. The idea of a ring flask dates to the ancient Chinese. Examples with little decoration and no signature sell for about \$300 to \$500. Those by well-known makers can fetch over \$500.

**Q: My mother was a collector of Wedgwood Jasperware. I inherited it all. Some I plan to keep. I have everything from 25-cent-size boxes to three different size Portland vases. Any suggestions on liquidation of this collection?**

**A:** How to sell inherited collections is the question we are asked the most. There is no easy answer. Ask yourself what is most important about selling the Wedgwood -- money, your time, the amount of physical labor, enhancing family memories or avoiding arguments among heirs. There are companies that take and sell everything to empty a house for a fee or part of the profit. It may be costly, but quick. In- or out-of-town auction companies might be interested in a valuable collection of Wedgwood. Ask collector friends whom to call and ask about what they sell and the services that are offered. (Professionals usually spot any very valuable items and estimate the sale value properly.)

No luck? Try the next step, a local shop that will buy your things or take them on consignment. If the dealer has been in business locally, you can get references and check on honesty. An offer to buy from an unknown company's ad in a newspaper can be risky. Next, run your own sale. It takes time, planning, studying and a knowledge of pricing to sell in a house sale or online. Last try, take everything usable to a thrift store, church sale, charity fundraising show and sale, or non-profit places. You get a charitable tax deduction, pride in doing a good deed and an end to the problems.

Be sure to get advice from someone in the antiques world. You wouldn't get a haircut from someone who just opened a beauty parlor and had no references.

### CURRENT PRICES

Copper tea and coffee set, rattan handles, teapot, coffee pot, creamer, sugar, 6 cups and saucers, serving tray, stamped mark, Harald Buchrucker, Germany, c. 1935, tray, 16 x 11 inches, \$185.

Suitcase, Louis Vuitton, leather, monogram, tan leather trim, zippers, lock, Saks Fifth Avenue, 1970s, 24 x 19 x 8 inches, \$625.

**TIP:** Don't put a decorative runner or vase on your wooden table if it is in sunlight. Eventually the finish will fade around the ornaments and leave a shadow of the items on the wood.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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## Strange BUT TRUE

\* Along with henna, old-fashioned hair dye ingredients included the blood of black cows and crushed tadpoles in warm oil.

\* While filming "Jailhouse Rock" in 1957, Elvis Presley inhaled his tooth cap as he slid down a pole in the opening dance number. It lodged in his lung and required surgical removal, but aside from a little hoarseness for a few days, the King made a fairly easy recovery.

\* Arachibutyrophobia is the fear of peanut butter getting stuck to the roof of your mouth.

\* That little white paper strip coming out of the top of Hershey's Kisses is called a plume and was originally introduced by the company to distinguish the product from phony knock-off candies.

\*\*\*

\* The popular kids' game "Operation" was invented by John Spinello, a sophomore at the University of Illinois in 1962, as part of a class assignment. Sadly, he only made \$500 off the game after selling the prototype.

\* By the way, in case you've ever wondered, the "patient" in "Operation" is named Cavity Sam.

\* "Gigi" author Sidonie Gabrielle Colette could only write after she had plucked all the fleas off her cat.

\* Many inventions and discoveries have come about through the medium of dreams, including the alternating current generator, the sewing machine, Google, the periodic table and DNA's double helix spiral form.

\* If you had to pick a "standard" pencil color, you'd probably think of a yellow-gold shade -- and that's no accident. When pencils went into mass production in the 1890s, the finest available graphite fillings came from China. Manufacturers wanted everyone to know that they used only the best Chinese graphite, so they painted their pencils yellow, the traditional color of Chinese royalty.

**Thought for the Day:** "Our lives begin to end the day we become silent about things that matter." -- Martin Luther King, Jr.

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## Now here's a tip!

by Jo Ann Derson

\* Want a great way to clean around your faucets? The answer may be closer than you think! A worn-out toothbrush can do a much better job of cleaning fixtures than it can your teeth and gums. Simply brush the wet bristles of a toothbrush over the base and it'll get in those nooks and crannies you can't reach with a sponge.

\* Remove mildew from plastic shower curtains by spraying them with a mix of bleach and water, or just toss them in the washing machine with your next load of towels.

\* "We have a playroom, and the kids argue about who made what mess and who should pick up which toys. We made a cleaning schedule for the room, having one or two children per day responsible to clean up at the end of the day. It was

a rough start, but the kids have learned to clean up as they go rather than leave a big mess for someone else (payback is not kind)." -- A.M. in Kentucky

\* If your vacuum has a paper filter, spray it with your favorite perfume or essential oil. It will blow into the air as you vacuum, leaving behind a pleasant scent.

\* "Need your nails to dry in a hurry? You can use the cool setting on your hair dryer. It works really fast." -- L.E. in Georgia

\* Using your fireplace? Try adding citrus peels to the logs for a nice aroma. They can be a good starter material as well.

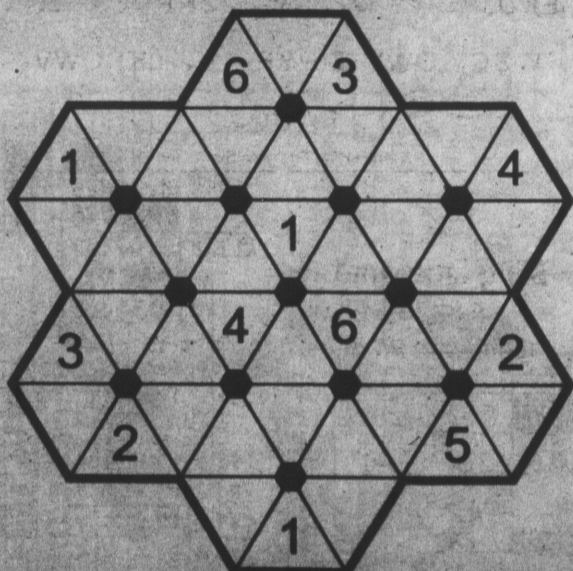
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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## STICKELERS

Here's an alphametic that does not hold true ... and yet, it does. Remember, no word can begin with zero.

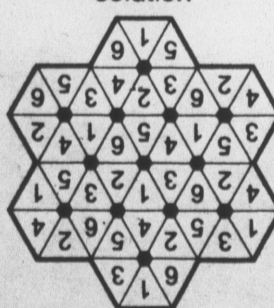
HALF  
HALF  
+ HALF  
-----  
WHOLE

Let F = 1  
Let H = 9  
There is no 6.  
Only 7 numbers/  
letters are used for  
this alphametic.

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## SNOWFLAKES

solution



## Go Figure!

answers

14	9	17
21	7	6
	x	9
	x	+
4	2	1
	+	2
	-	÷
20	4	8

## Stickelers Answer

30462  
1086 +  
1086  
1086

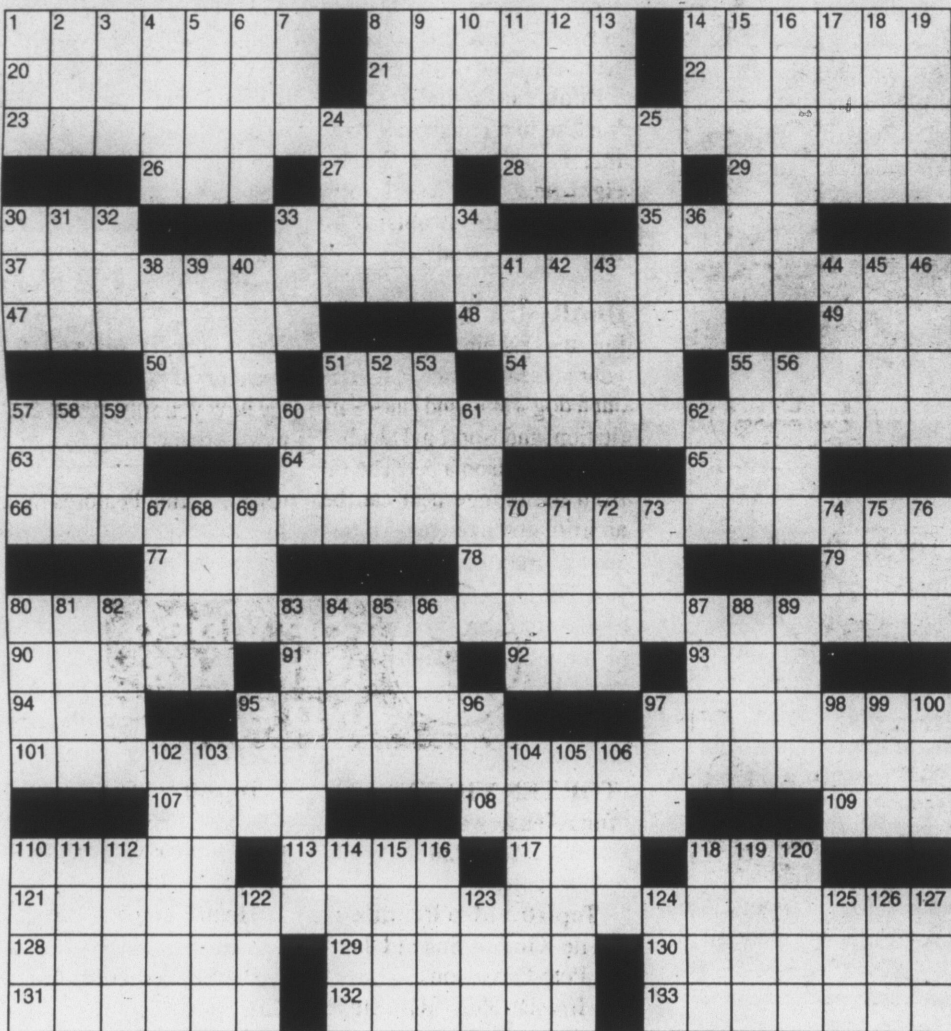


## Super Crossword

ONE TOO MANY

## ACROSS

- 1 Snagged gold, silver or bronze  
8 One phoning  
14 Away from the shore  
20 Typically  
21 Get dressed  
22 "Gangsta's Paradise" rapper  
23 Nation south of Chad  
26 Money unit of Japan  
27 — Grande  
28 Jekyll's other side  
29 Gotten on one's feet  
30 Health facility  
33 Showiness  
35 Many people born in August  
37 Popular hangover remedy  
47 Hullabaloo  
48 Noel hanging  
49 Bylaw, for short  
50 Revered Fr. woman  
51 Bro's sib  
54 Part of a roof  
55 Slop over  
57 Like short tykes  
63 Stylist's stuff  
64 Blue Ribbon brewer  
65 Prefix with compliance  
66 Almost certainly, in legal cases  
77 — tai  
78 1985 Kate "Nelligan" film  
79 Past  
80 1973 #1 hit for Gladys Knight & the Pips  
90 PC letters  
91 17th state  
92 Pince- (gripping glasses)  
93 City in south Germany  
94 Zippo  
95 Shower units  
97 Like Mali's desert  
101 School with the Bearcats  
107 Pal of Garfield  
108 Neck-to-waist area  
109 Sigh of relief  
110 Ravioli, e.g.  
113 Bellicose  
114 Greek god  
117 Regular grind  
118 Undecided, on a sched.  
121 Pilot's guess  
128 Used a razor  
129 Blue-purple  
130 Truckers' medium  
131 Nobelist "Mother"  
132 Some waste conduits  
133 Apt word formed by this puzzle's missing letters  
1 Bro  
2 Suffix with Peking  
3 Ex-veep  
4 Too-too  
5 Draw in  
6 Personal flair  
7 Pop singer  
8 Make-corrup  
9 Sudden raid  
10 Mogul  
11 Scotland's Ness, e.g.  
12 PayPal's parent, once  
13 Rip up  
14 Hail, mainly  
15 "Sure can!"  
16 Ninth-century emperor called "the Pious"  
17 Priestly robes  
18 Giza's river  
19 Injure  
24 Foot curve  
25 Pertains  
30 Mu — shrimp  
31 Soft food for infants  
32 Smog soils it  
33 UFO pilots  
34 Common job for 99-Down  
36 Numerical suffix  
38 Wooing gift  
39 Solemn vow  
40 Liberated, in Germany  
41 Kinnear of "Sabrina"  
42 Rip up  
43 "— Nagila"  
44 Outing  
45 Bark of pain  
46 Stare at creepily  
51 — Pei  
52 "Let — known —"  
53 Ex-Cub  
55 Foot coverer  
56 Duck locale  
57 Old CIA foe  
58 Previously named  
59 Actor Ron in a loincloth  
60 College transcript no.  
61 Perplexed  
62 Skit show since '75  
67 Upscale hotel chain  
68 Toe part  
69 Use a trowel  
70 Actor Ken  
71 Hawaii's bird  
72 Animated bug film  
73 Life sketch, for short  
74 Scull, e.g.  
75 Fleece-lined boot brand  
76 "Sk8er —" (Avril Lavigne hit)  
80 Clickable list  
81 "Sign me up"  
82 Artist  
83 Position of stressful responsibility  
84 Like some spicy food  
85 Slope  
86 — poly  
87 Tex-Mex dip, informally  
88 K thru 12  
89 Gulf nation  
95 — Lanka  
96 Boozing sort  
97 — cone  
98 Protein-making stuff  
99 Car club initials  
100 Utmost degree  
102 Like many a prayer candle  
103 Mingo player on "Daniel Boone"  
104 Past  
105 Oil or vinegar bottles  
106 What "— means in analogies  
110 Irksome type  
111 Racket-raising Arthur  
112 Nova, e.g.  
114 Gives it some gas  
115 Falco with four Emmys  
116 Store away perfume brand  
119 "I'm c-c-cold"  
120 "I smell —!"  
122 Tooth doctor's org.  
123 Land in eau  
124 Govt. media monitor  
125 Boise's state: Abbr.  
126 Roman 7  
127 EarthLink or MSN rival



## celebrity extra

by Dana Jackson

**Q: I'm so excited to hear that the reality show "The Amazing Race" is coming back. It was always my favorite because it wasn't just people bickering, and since I can't afford to travel the world, watching "The Amazing Race" is the next best thing. How much longer do I need to wait for new episodes? -- S.B.**

**A: The 32nd installment of "The Amazing Race" was actually filmed back in November 2018, but CBS is finally set to broadcast it beginning Wednesday, Oct. 14, at 9 p.m. ET. According to TVLine.com, the globetrotting competitors will touch down in Trinidad, France, Germany and Brazil, and include NFL stars DeAngelo Williams and Gary Barnidge and Olympic hurdlers Kellie Wells-Brinkley and LaVonne Idlette. Representing us average folk are paired-up siblings, couples, and a father and son duo.**

**Q: I was a fan of "Pan Am" and enjoy watching it again on Amazon Prime. What happened to the cast since it was canceled? They were great, but I haven't seen them since the series. -- J.H.**

**A: "Pan Am," named after**

the glamorous international airline of the 1960s, lasted just one short season on ABC before it was canceled in 2012. Sony Pictures Television tried to get Amazon to pick it up for a second season, but that deal didn't work out.

The cast has done well since. Christina Ricci was already a household name before starring in "Pan Am" as stewardess Maggie Ryan and has since gone on to play Lizzie Borden in a miniseries. Next up for her is the survival drama "Yellowjackets" on Showtime, about a soccer team whose plane crashes.

Michael Mosley, who played Ted Vanderway, has had regular roles on "Longmire," "Castle" and "Ozark," among others. Kelli Garner, who played Kate Cameron, starred as the tragic Marilyn in the miniseries "The Secret Life of Marilyn Monroe" and was in another one-season drama, "The Enemy Within," which starred Jennifer Carpenter.

The two most famous alumni of "Pan Am" are David Harbour and Margot Robbie. Harbour stars in the hit series "Stranger Things" and can be seen in the upcoming Marvel movie "Black Widow." Robbie is a two-time Academy Award nominee for her roles in "I, Tonya" and "Bombshell." Next up for her is a starring role in the film "Barbie," based on the popular line of Mattel toys.



Margot Robbie in "Pan Am"  
Photo credit: ABC promotional photo

**Q: Has there been any news on the Alaskan Bush family on the Brown's son Matt? I'm amazed that none of them have mentioned him at all. -- P.B.**

**A: Matt Brown left the Discovery Channel's hit show "Alaskan Bush People" a couple years ago after he became addicted to alcohol and had a falling out with his family. He did a stay at the Betty Ford Center and has been sober for two years, but according to RadarOnline, the family, including his siblings, doesn't want Matt back in the picture.**

You can follow Matt on Instagram @MattBrown511, where he showcases his artwork and quiet new life in California.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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## Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                           |               |                    |               |
|---------------------------|---------------|--------------------|---------------|
| 1. Debussy or Monet       | _____ D _____ | Contract condition | _____ S _____ |
| 2. Every 24 hours         | _____ L _____ | Wisconsin farm     | _____ R _____ |
| 3. In the near past       | _____ C _____ | Surrender          | _____ L _____ |
| 4. Tasteless              | _____ L _____ | Trademark          | _____ R _____ |
| 5. Boutonniere's location | _____ P _____ | Designer's tag     | _____ B _____ |
| 6. Ship's load            | C _____       | North Dakota city  | F _____       |
| 7. Tension                | _____ S _____ | Scatters           | _____ W _____ |
| 8. Church platform        | _____ A _____ | Amend              | _____ E _____ |
| 9. Swamp                  | M _____       | Ruthless           | H _____       |
| 10. Ms Swift              | _____ Y _____ | Clothes maker      | _____ I _____ |

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## Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## Super Crossword

Answers



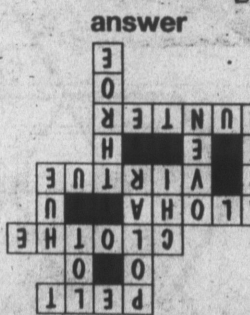
## Even Exchange answers

- |                   |                   |
|-------------------|-------------------|
| 1. Claude, Clause | 5. Label, Label   |
| 2. Daily, Dairy   | 6. Bland, Brand   |
| 3. Recent, Relent | 7. Stress, Strews |
| 4. Altar, Alter   | 8. Marsh, Harsh   |
| 9. Taylor, Tailor | 10. Lapel, Label  |



UHE  
TUVIER  
ROPLA  
♥CRHA  
HOCLET  
LTO  
VEON  
♥HOTER  
ICH  
ENTHRU  
OAHAL  
TEPL

Unscramble these twelve letter strings to form each into an ordinary word (ex: HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex: ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



OCT

8

2020



## Amber Waves



## Out on a Limb

by Gary Kopervas



## R.F.D.

by Mike Marland



## SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Stabilizer	STABALL		
Rush	SLEUTH		
Twirl	GARETY		
Meander	SEGRIDS		

TODAY'S WORD

## Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

1	1	3	2	4	6
3	4	6	5	2	1
6	2	2	2	1	3
5	3	5	4	4	2
2	5	6	6	3	4
5	2	6	3	2	4

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## Flea Protection That's Safe and Affordable

**DEAR PAW'S CORNER:** Flea prevention treatments can be expensive, so I've been soaking orange peels in rubbing alcohol and spraying it on my pets and around the house. It seems to work, but even though I can't see a single flea on my Rottweiler-pit bull mix "Debbie," she is still scratching fiercely around her ears until they bleed. I tried ear mite drops because I think that's the problem, but she just runs away from me. I can't afford the vet right now. How can I solve the ear mite problem? -- Melissa, via email

**DEAR MELISSA:** Stop using the rubbing alcohol on your pets immediately. It dries out a dog's skin and causes irritation, and isopropyl alcohol can even poison a pet. The oil from the orange peel can be an irritant, too.

Put the ear mite treatment on pause. It's not improving the condition and is causing Debbie distress.

It's time to visit the vet. I know it's expensive, but if money is an issue, tell the vet's office when you call for an appointment. Low-cost vet clinics also may be available in your area. You can find them by searching online, asking the vet's office or checking with the local pet-supply store. But Debbie needs to see a vet right now, because she's suffering.

To continue flea prevention without breaking the bank, consider treating your home with a product called diatomaceous earth (about \$10-\$14 for a 10-pound bag). Sprinkle it into the carpet and leave it for 48 hours, then vacuum it up. Reapply about once a month. You can even rub it into Debbie's fur to kill fleas -- but only after her skin problem has been dealt with, because DE will irritate open wounds.

Has your pet suffered from fleas or skin allergies? Tell me how you solved it at ask@pawscorner.com.

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## TOP TEN VIDEO, DVD for release week of Sept. 28, 2020

- Top 10 Video Rentals**
1. The King of Staten Island (R) Pete Davidson
  2. Irresistible (R) Steve Carell
  3. The 2nd (NR) Ryan Phillippe
  4. The Silencing (R) Nikolaj Coster-Waldau
  5. Robin's Wish (NR) documentary
  6. Blackbird (R) Mia Wasikowska
  7. Hard Kill (R) Jesse Metcalfe
  8. Alone (NR) Jules Willcox
  9. The Grizzlies (R) Jack Anawak
  10. Critical Thinking (NR) John Leguizamo

## Top 10 DVD, Blu-ray Sales

1. Outlander: Season 5 (TV-MA) Sony Pictures
2. Hocus Pocus (PG) Disney
3. Beetlejuice (PG) Warner Bros.
4. Weathering With You (PG-13) Shout! Factory
5. Superman: Man of Tomorrow (PG-13) Warner Bros.
6. Harry Potter Complete 8-Film Collection (NR) Warner Bros.
7. The Mule (R) Warner Bros.
8. The Nightmare Before Christmas (PG) Disney
9. True History of the Kelly Gang (R) Shout! Factory
10. Scoob! (PG) Warner Bros.

Source: Comscore/Media Play News

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## Hitori answer

4	2	3	6	2	5
4	3	6	6	2	5
4	3	4	4	2	5
2	2	2	2	9	6
1	3	2	1	3	4
6	4	2	3	1	1

**SCRAMBLERS**  
Today's Word  
3. Gyrate; 4. Digress  
1. Ballast; 2. Hustle  
solution



# MORE FUN

## COUCH THEATER DVD PREVIEW

There are a great many types of crime movie. Some are capers, some cerebral and others plain violent. One of my favorites is noir with its hard-boiled detectives, shady intrigues and the sultry dame who might have been victimized but was not playing a victim. While the elements of noir are the dark shadows and the moody tone, it is not just seen in the black and white traditions of the past. Here are seven stylish examples of neo-noir from the past 25 years.

**Seven (1995)** — In director David Fincher's crime thriller, a detective on the brink of retirement and a fresh-faced transfer to the city (Morgan Freeman and Brad Pitt, respectively) investigate a series of gruesome killings that are staged to punish the victim for perpetrating one of the Seven Deadly Sins.

**L.A. Confidential (1997)** — Smashing the bar for neo-noir, this film has mood and setting in spades. Against the iconic Los Angeles backdrop, we find corrupt cops, a murder at a diner, a power vacuum in the criminal underworld, a shady gossip magazine publisher, a Veronica Lake lookalike and a web of vengeance and ambition that threatens to ensnare them all.

**Memento (2000)** — Guy Pearce stars as Leonard, who suffers from short term memory loss that complicates his search for the criminal who raped and murdered his wife. Director Christopher Nolan keeps you off-balance with interrupted timelines and frenetic shifts, while Pearce is convincing as a man who communicates his progress to himself via tattoos and notes.

**Mulholland Drive (2001)** — After a mysterious car accident in the Hollywood Hills, a lone woman takes refuge in the apartment of aspiring

actress Betty (Naomi Watts). The pair attempt to uncover the woman's identity through her only possessions: cash and a large blue key. Nothing is what it seems in a David Lynch film, and each riddle solved creates ripples of doubt about what is real.

**Sin City (2005)** — Ripped from the master pages of Frank Miller, this overtly stylized story is gritty and garish, and perfect neo-noir. With an ensemble cast of heavy hitters, it encompasses stories of framed cops, abusive exes, prostitutes and hit men.



Clive Owen in "Sin City"

**Drive (2011)** — A stunt-driver who takes the occasional getaway job, the Driver (Ryan Gosling) falls for his single-mom neighbor, but when her ex is released from prison and owes protection money to a gangster, the Driver is lured into a single-score job to save himself and his would-be girlfriend.

**Gone Girl (2014)** — Based on a book by Gillian Flynn, the story surrounds the relationship between husband Nick (Ben Affleck) and wife Amy (Rosamund Pike). Amy goes missing and Nick is presumed to be the culprit after some foul play. Fabricated evidence and unearthing liaisons later, the truth isn't so solid.

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## Comfort foods

Made fast  
and  
healthy

by Healthy Exchanges

Garden Pilaf

"Help! My garden is being overtaken by zucchini!" That seems to be the battle cry of most gardeners right about now. If you too have been overblessed with a bountiful crop of this vigorous squash member, then stir up this delicious recipe. You may be so pleased that you just might ask your friends for their extra zucchini!

- 2 cups shredded unpeeled zucchini
- 1 cup shredded carrots
- 1 (16-ounce) can fat-free chicken broth
- 1 tablespoon dried parsley flakes
- 1/8 teaspoon black pepper
- 2 cups uncooked instant rice

1. In a large skillet sprayed with butter-flavored cooking spray, saute zucchini and carrots for 6 to 8 minutes. Add chicken broth, parsley flakes and black pepper. Mix well to combine. Stir in uncooked rice. Bring mixture to a boil.

2. Lower heat, cover and simmer for 10 to 12 minutes, or until rice is tender and most of the liquid is absorbed, stirring occasionally. Makes 6 (2/3 cup) servings.

\* Each serving equals: 116 calories, 0g fat, 4g protein, 25g carb., 173mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Vegetable.

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## FLASHBACK

1. Name the group that typically appeared on stage in Indian chief, policeman, soldier, construction worker, cowboy and biker costumes.
2. Which Beatles song mentions "plasticine porters"?
3. Who wrote and released "Mr. Tambourine Man"?
4. Which group released "Marrakesh Express"?
5. Name the song that contains this lyric: "All day long, wearing a mask of false bravado, Trying to keep up the smile that hides a tear."

### Answers

1. The Village People. They're best known for their hit "Y.M.C.A." The Library of Congress added it to the recording collection because the song is considered "culturally, historically or aesthetically significant."
2. "Lucy in the Sky with Diamonds," in 1967. John Lennon claims he got the idea for the psychedelic lyrics from his son's nursery school drawing. Legend has always said that the song is about drugs, hence the first letters of the words in the title: L.S.D.
3. Bob Dylan, in 1965. The Byrds released a version a few months later, minus some of the verses.
4. Crosby, Stills & Nash, in 1969.
5. "Baby Come Back," by Player in 1977. The song was a single from their debut album, bringing them mainstream attention when it reached No. 1 on the Hot 100 chart.

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## Puzzles4Kids

by Helene Hovanec

### RIDDLE SEARCH - MUSIC, MUSIC, MUSIC

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: Why don't skeletons play music in church?

BAND	K	E	Y	B	O	A	R	D	T	E
BATON	H	C	H	O	R	U	S	U	M	G
BEAT	R	I	O	H	C	C	P	E	U	A
CAROL	E	E	Y	S	H	B	O	T	R	W
CHOIR	S	H	A	O	E	A	H	E	D	E
CHORD	O	V	R	L	S	T	P	T	E	N
CHORUS	P	D	D	O	T	O	I	R	T	N
COMPOSER	M	O	O	N	R	N	H	A	U	R
DRUM	O	G	Z	Z	A	J	E	U	N	A
DUET	C	A	R	O	L	B	N	Q	E	S
HIP HOP										
JAZZ										
KEYBOARD										
NEW AGE										
OPERA										
ORCHESTRA										
QUARTET										
SOLO										
TRIO										
TUNE										

Riddle answer: \_\_\_\_\_



## Gluten-Free Foods Aren't A Sales Gimmick

**DEAR DR. ROACH:** I have no health issues, but I'm a cheapskate. I see products labeled as "grain-free" or as "gluten-free," but they always cost more than the regular product. Are there any health benefits to using these, or are they marketing gimmicks? -- L.C.

**ANSWER:** They are not marketing gimmicks at all. People with celiac disease have a sensitivity to a protein in gluten, called gliadin. Even small amounts of gluten can cause long-lasting damage to the intestines, and many people with celiac disease will be unable to properly absorb nutrients if they are regularly exposed to gluten. This can manifest with severe symptoms, such as weight loss, diarrhea and severe metabolic disturbance. Or it can trigger much milder ones, such as mild abdominal discomfort after eating, skin changes, anemia or joint pains.

Because the symptoms of celiac disease are so varied, a physician must be fairly convinced it's celiac before making the diagnosis. Biopsy is the gold standard for certainty, but blood testing -- if done while consuming a diet containing gluten -- is suggestive. I strongly recommend getting a diagnosis before going on a strict gluten-free diet if you suspect celiac disease.

For people with diagnosed celiac disease, strict adherence to a gluten-free diet is essential, and the increasing availability of gluten-free foods has made the lives of people with celiac disease better. Many grains are gluten-free naturally.

There are people with symptoms from gluten-containing foods but who do not have celiac disease. The term is "non-celiac gluten sensitivity." Some people with this condition are sensitive to components of the food other than the gluten, although there are some people who are sensitive to gluten but

do not have celiac disease.

For people without NCGS and without celiac disease, avoiding gluten is not necessary. A diet with many different whole grains has been proven to reduce heart disease risk compared with a more meat-based diet.

\*\*\*

**DEAR DR. ROACH:** Please discuss the problem of the thirst mechanism as it relates to the elderly. I'm 70 years old and in almost perfect physical health. I bicycle every day -- 75 miles each week. Even with this enormous physical exercise, I am never thirsty all day and night. Also, I do not perspire. I need to force myself to drink water. Why don't I feel thirsty? -- M.U.

**ANSWER:** Thirst is a powerful motivation. In people with an intact thirst mechanism, the desire for water can be overpowering; it's one of the body's main ways of regulating salt and volume in the body. You are exactly right that as people age, the thirst mechanism becomes less powerful, and that tends to leave older people with a slightly higher amount of salt in the body compared with younger people. Remembering to drink water, especially on hot days, reduces the risk of dehydration.

However, people who drink continually may never trigger the thirst response. There are many social cues to drink, and people who are not losing fluid through exertion and sweat may never trigger a strong thirst response. Drinking too much is as dangerous as not drinking enough: If thirst is really impaired, you need to use other mechanisms to monitor fluid status. For example, needing to urinate every several hours (at least) is one way of staying in the right zone.

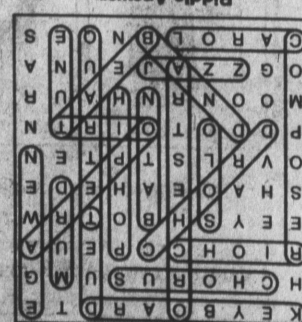
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## Puzzles4Kids

Answer

They have no organs.

Riddle Answer:



## Contract Bridge

### A DELICATE OPERATION

East dealer.

Both sides vulnerable.

#### NORTH

♦ Q 3  
♥ 7 5 4 2  
♦ J 9 6  
♠ A J 9 5

#### EAST

♠ A  
♥ A K J 10 8  
♦ 7 5 3  
♠ 10 8 7 4

#### SOUTH

♦ K J 10 9 7 2  
♥ Q 6  
♦ A K Q  
♠ K 3

The bidding:

East	South	West	North
1♥	Dble	Pass	2♣
Pass	2♣	Pass	3♣
Pass	4♣		

Opening lead — nine of hearts.

Some deals require a delicate touch for the best result to be achieved. South learned this the hard way when he went down in a four-spade contract he could have made.

West led the nine of hearts. East cashed the A-K and continued with the jack, declarer ruffing with the nine as West discarded a diamond. South then led a low trump to the queen, won by East with the ace, and East

returned another heart.

At this point, declarer had the K-J-10-7 of trump and West the 8-6-5. It did not matter whether South ruffed the heart high or low; sooner or later, West's eight would become the setting trick.

South would have made the contract had he played the hand more cautiously. After ruffing with the nine at trick three, he should have crossed to dummy with a club and returned a low trump toward his hand.

East would play the ace, and South the deuce. But when East then led the fourth round of hearts, declarer would be in a much better position to handle the situation. He would have the K-J-10-7 of trump, just as before, but the outcome would be altogether different because dummy would still have the queen. He could therefore ruff with the ten without establishing West's eight as a trick.

A low trump to dummy's queen, followed by a diamond to the ace, would then allow declarer to draw West's two remaining trumps with the K-J and so eliminate West's potential trump trick.

While it is true that declarer was unlucky to run into a 4-1 trump division with East holding the singleton ace, he should have protected himself against this possibility by making the first trump lead a low one from dummy.

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by Steve Becker

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8

2020



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**8am-2pm**  
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 Women & men quality clothes, accessories, shoes  
 Household, holiday, linens, books, dog access.  
 & much more including 100 year old 5-panel solid wood doors!  
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**PERSONAL**  
**THANK YOU**  
 ST. JUDE, BLESSED MOTHER, ST. ANTHONY, ST. JOSEPH, ST. PEREGRINE, ST. THERESA  
 J.D. 11/19

**We miss you all in Quincy and Brockton very much since we moved to Florida Love you**

**THANK YOU QUINCY SUN**  
 WE LOVE YOUR PUBLICATION!!  
 - JACK F.

*Sending good thoughts and prayers to family and friends - keep safe, healthy and know things will get better*

**Sr. Bridget Haase**  
 Thank you for all your generous acts of kindness to all who knew you throughout the years.  
 Love!

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 Deacon Chaplain John Menz, Jr., Retired Lieutenant

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**Want to pick up a copy of The Quincy Sun?**  
 Here are stores in Quincy that sell it on their newsstands:

<b>GOODIE'S STORE</b> 1250 Hancock St., Presidents Place	<b>ARTERY GROCERY</b> 1000 Southern Artery	<b>7-11</b> 721 Hancock St.
<b>NEW STORE ON THE BLOCK</b> 1183 Hancock St., Quincy Ctr. T Station	<b>DAIRY FARM</b> 330 Washington St.	<b>BEALE ST. NEWS AND TOBACCO</b> 17 Beale St.
<b>HANCOCK MARKET</b> 5 Cottage Ave.	<b>STOP &amp; SHOP</b> Southern Artery	<b>CVS</b> 42 Beale St.
<b>MIGNOSA'S FRUIT BASKET</b> 138 Granite St.	<b>CVS</b> Southern Artery	<b>COFFEE BREAK CAFE</b> 12 Old Colony Ave.
<b>STAR MARKET</b> 130 Granite St.	<b>7-11</b> 650 Adams St.	<b>SUPREME LIQUORS</b> 615 Hancock St.
<b>WALGREENS</b> 132 Granite St.	<b>7-11</b> 678 Adams St.	<b>MULLANEY'S VARIETY</b> 205 W. Squantum St.
<b>HANCOCK PARK LOBBY SHOP</b> 164 Parkway	<b>VILLAGE COMM. MARKET</b> 100 Willard St.	<b>STOP &amp; SHOP</b> 65 Newport Ave.
<b>FRANKLIN ST. BP</b> 60 Franklin St.	<b>COPELAND LIQUORS</b> 273 Copeland St.	<b>7-11</b> 363 Hancock St.
<b>7-11</b> 78 Franklin St.	<b>GRANITE MART</b> 308 Willard St.	<b>WALGREENS</b> 324 Hancock St.
<b>SHOP N SAVE LIQUORS</b> 20 Independence Ave.	<b>7-11</b> Copeland St.	<b>SAM'S VARIETY</b> 125 Billings Rd.
<b>DONUT + DONUTS + MUFFINS</b> 33 Scammell St.	<b>JOE'S PLACE</b> 260 Centre St.	<b>LUCKY'S WINE &amp; LIQUOR</b> 66 Newbury Ave.
<b>PRESIDENTIAL LIQUORS</b> 25 Scammell St.	<b>CORNER FOOD MARKET</b> 1060 Hancock St.	<b>ATLANTIC MARKET &amp; LIQUORS</b> 247 Atlantic Ave.
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 DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.



# Jessica McPherson's 'Flower Oasis' On Presidents Lane

Cont'd From Page 17

a local florist, Flair Floral in Plymouth.

"A florist friend of hers said she would love those flowers," said McPherson. "That was the icebreaker. She gave me confidence I could do this."

In addition to the Plymouth florist, McPherson has started supplying Fabiano Florist of Quincy with her flowers as well.

"I'm her Friday flower gal," she said.

McPherson noted that locally cultivated flowers are the freshest.

"Local flowers are the freshest you can get," she said. "A lot of flowers are imported. They're not fresh. Florists are geniuses to revive them and get good life out of them."

McPherson explained that after she cuts her flow-

ers, they are immediately placed in a hydration solution where they sit all day before she arranges them and places them out for sale.

"They soak up all the water they can," she said. "I call it their spa day."

McPherson says she is constantly learning how to extend the life of cut flowers.

"Some flowers like it cold, some like it hot," she

said.

Soil is also important to having a prolific and healthy flower crop.

"I use leaf mulch, compost and organic fertile," McPherson said. "If your soil is really good, your flowers are more robust and more disease and pest resistant."

She added her garden soil beds will soon have their soil tested by a lab.

"I'll add the appropriate amendments the lab suggests," she said.

McPherson said she initially poohpoohed her dad's advice to research how to properly grow flowers.

"Now I research everything, constantly studying, looking at YouTube, Google, and online courses," she said.

This summer, McPherson is expanding her garden beyond her property line — converting the grassy strip

along the sidewalk in front of her home into a flower garden.

"I called the city and got the go ahead," she said. "They told me to go at my own risk."

McPherson has since planted sunflowers along the sidewalk that have proliferated and is "solarizing" the remaining crabgrass strip — using black plastic covers to

kill the crabgrass — to make room for more flowers.

"Once the crabgrass dies, I'll cultivate it into the soil for compost," she explained.

As she looked around, McPherson expressed pride for turning her yard into an urban garden.

"I'm super impressed what this little space can produce," she said. "It's pretty unique for Quincy."

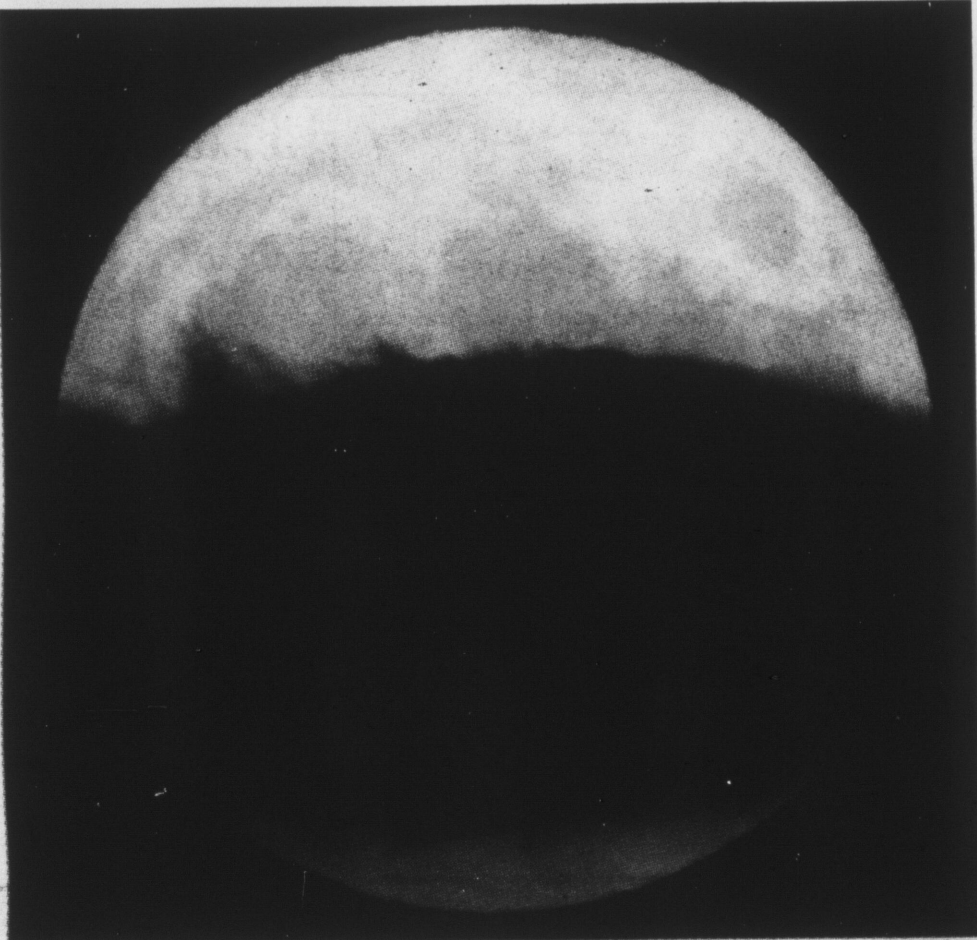


JESSICA McPHERSON cuts flowers along the sidewalk of her Presidents Lane home.



JESSICA McPHERSON poses with one of her large sunflowers growing along the sidewalk of her Presidents Lane home.

## Important Message From Full Harvest Moon



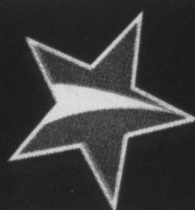
THE FULL MOON nearest the autumn equinox (Oct. 1st this year) is officially called the Full Harvest Moon, historically helping farmers bring in their late season crops through the night. The Full Harvest Moon of 2020 seemed to have another function, as a special messenger requesting we wear our masks while gathering for Halloween and the winter holidays. Looking east over Quincy Bay, the pumpkin-like Full Harvest Moon rose from the sea behind a low-lying layer of ragged dark scudding clouds. As the orange moon rose behind a slot in the clouds, it appeared to don a mask, reminding us that wearing masks will allow us to enjoy the upcoming fall and winter holidays while still protecting our friends, our family, and ourselves.

Photo Courtesy Rob Sheridan

POLITICAL ADVERTISEMENT

POLITICAL ADVERTISEMENT

Joe Shea is OUR Norfolk County Commissioner



**JOE SHEA**  
COMMISSIONER

The last few months have been challenging to say the least, but as we have in the past **we come together** now to support one another and our communities. This spirit, the backbone of our region, makes me proud to continue my efforts as one of your Norfolk County Commissioners.

I have dedicated my life to public service and providing **trusted leadership** at every step of the way as an elected official. Together, we have put practices in place to ensure that Norfolk County continues as a **cost-effective, inclusive and transparent** regional entity, including efforts to:

- Initiate a plan to **modernize the County's financial and capital planning practices.**
- Make significant **investments at the Norfolk County Agricultural High School.**
- **Prioritize capital improvement** and preservation efforts in our county courthouses.
- Lead a grant initiative to create more regional, public health, nursing services between the towns of Avon, Holbrook and Randolph; **a model for future regional efforts.**

Helping people, promoting good government and serving the County for the last five years has been my passion. **It's clear that we must continue to respond, adapt, and ensure that the County is governed with modern-day practices.** I am running for re-election, and I'm honored to ask for your support to continue this work.



**Please Vote to Re-Elect Joe Shea on or before November 3rd.**

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